



**CORPUS
CHRISTI
PARKS &
RECREATION**



**For
Ages 18+**

**Instruction
provided by
certified staff**

SPRING 2023



**Adult Water Aerobics
& Aqua Jogging**

Stay Fit, Tone Up, and Have Fun!

Good to Know:
Swimming skill is not required but preferred. Participants will wear float belts for exercises.

Aqua Jogging

Tuesday/Thursday, 6:00pm-6:30pm
2 classes/week (8 classes total)
Session 1: March 7 – March 30
Session 2: April 4 – April 27
Session 3: May 2 – May 25

Water Aerobics

Tuesday/Thursday, 10:00am-10:30am
2 classes/week (8 classes total)
Session 1: March 7 – March 30
Session 2: April 4 – April 27
Session 3: May 2 – May 25

Corpus Christi Natatorium

3202 Cabaniss Parkway

Collier Pool

3801 Harris Drive

only **\$35**/person/month



For more information:
Call 826-PLAY

Register Online at <https://register.ccparkandrec.com/>.
Registration closes the Thursday before each session starts. Class times vary, please see registration site for more details. Program for ages 18 and older. Class limited to 12 participants.

Live. Learn. Play!
ccparkandrec.com

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief, genetic or disability. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.