



**CORPUS
CHRISTI
PARKS &
RECREATION**

**Instruction
provided by
certified staff**



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



For more information:
Call 826-PLAY

Live. Learn. Play!
ccparkandrec.com

**For
Ages 18+**

Summer 2022

Adult Water Aerobics & Aqua Jogging

Stay Fit, Tone Up, and Have Fun!

Aqua Jogging

Tuesday/Thursday, 6:15–6:45pm
2 classes/week (8 classes total)
Session 1: June 1–30
Session 2: July 5–29
Session 3: August 2–Sept. 2

Corpus Christi Natatorium

3202 Cabaniss Parkway

Water Aerobics

Tuesday/Thursday, 10:15–10:45am
2 classes/week (8 classes total)
Session 1: June 1–30
Session 2: July 5–29
Session 3: August 2–Sept. 2

Collier Pool

3801 Harris Drive

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

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.

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.