

CAPORELLA AQUATIC CENTER

Proactive Arthritis

Water Aerobics Class

Friday classes starting October 5th!

**Mondays, Wednesdays,
and Fridays**
10:00am to 11:00am

Find comfort in the soothing waters of the Caporella Aquatic Center.

Senior Program Members
No Fee
Drop in Fee
\$4.00

Work on balance and coordination, while increasing range of motion, joint flexibility, muscle strength, and cardiovascular fitness, without causing strain!



*Register now at the Caporella Aquatic Center
9300 NW 58th Street, Tamarac*



www.facebook.com/TamaracParks



For more information contact 954-597-3660
Parks and Recreation Department

IT STARTS IN
PARKS
Coaching. Connecting. Community.