

Water Exercise Classes

For Adults



June 8 - Aug 11

Mon-Thurs 10:30-11:30a and 6:30-7:30p

Aug 13 - Sept 3

Tues/Thurs 10:30-11:30a and 6:30-7:30p

Mon/Wed evening classes (Jun8-Aug11) and Tues/Thurs evening classes (Aug13-Sept 3) will be taught by certified water aerobics instructor Kim Koons*. All other classes taught by pool staff.

Fees:

\$4.50 drop-in

OR

\$44 - 11 pass
punch card

*Kim Koons has 15 years of experience instructing water aerobics at public and private pools in both deep water and shallow pools. Her passion for water exercise and variety of music will make this class an ideal after work workout as well as a wonderful workout for seniors. She is skilled in coaching to different ability levels in her classes.



Questions? Call Nevada City Pool
at 265-8223 (May-Sept)

More information about water exercise classes and a full Program Guide are available on our website, www.nevadacityca.gov