



FREE

Open to the Public

Aqua Aerobics

Tuesdays, March 13 & 20, 2012

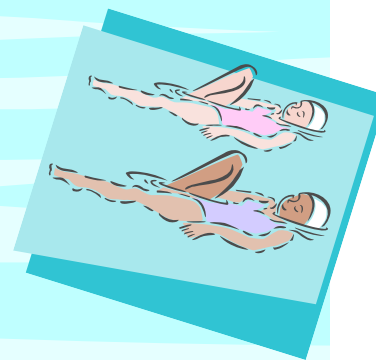
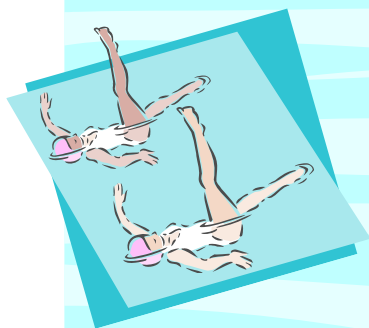
5:30-6:00 PM

Robinson Terrace

Swimming Pool

Instructor: Sam Ostrowski

28652 St. Hwy 23, Stamford, NY



There are many benefits of exercising in the water. Water-related exercise *increases your cardiovascular fitness*, as well as *improves overall strength*. Also, as the water provides support for the body, the *risk of muscle or joint injury in aquatic sports is greatly reduced*, if not completely eliminated. A great advantage to aqua-aerobics is, as it is usually performed in chest-deep water, the 92-degree water intrigues both swimmers and non-swimmers to participate.

**Bring your suit, towel, footwear,
and showering toiletries.**



**Cornell University
Cooperative Extension
of Delaware County**

Cornell Cooperative Extension offers employment and program opportunities and access to all people regardless of race, color, national origin, gender, age, or disability. If you have special needs, contact Cornell Cooperative Extension of Delaware County at (607) 865-6531.

Registration is required.

Class size is limited so register to attend classes by calling Cornell Cooperative Extension at 607-865-6531 or emailing vsd22@cornell.edu.

Visit our new website at www.ccedelaware.org.

**This program has been made possible through:
[Robinson Broadhurst Foundation.](#)**