2024
Water Aerobics
For ages 18 and over

PROGRAM: Looking for a fun and low-impact way to stay fit and healthy? Look no further than Water Aerobics! This program is for anyone over the age of 18 and is designed to be fun! Each class has a trained, certified American Red Cross Lifeguard present. Water Aerobics is accessible to everyone, regardless of your swimming abilities.

INSTRUCTOR: Sue is a University of Kentucky alumni who spent 33 years teaching biology, as well as other electives. She has also been teaching a variety of exercise classes for over 20 years and loves it! She lives in Exeter with her family when she isn't down in Florida for those chilly Months! Sue hopes to challenge everyone on different levels through our water aerobics program! Come out to get active & have some fun with Sue.

LOCATION: The Class is held at The Dan Healy Memorial Outdoor Pool located on Route 27 (4 Hampton Road) Exeter, NH.

REGISTRATION: Registration for residents begins Monday, April 15 and April 29 for non-residents. New for 2024, participants will select the dates they would like to participate, unlike previous years where participants registered for the entire season. During our program evaluation at the end of the 2023 season, it was reported that not everybody who signed up for the entire season showed up to every class. We have implemented this new process to allow more people to experience the benefits of Water Aerobics! Registrations are open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours in person, over the phone, online or by mail. Payment must be paid at the time of registration. Max. 15 students per class.

Tuesday's & Thursday's – June 25 – August 15, 2024	
Time	**Fee**
12:00pm-12:45pm	**Residents: Free Non-residents: $5/class**

EXETER PARKS & RECREATION DEPARTMENT
32 Court Street, Exeter, NH 03833
Phone: (603) 773-6151
Website: www.exeternh.gov/recreation
Business Hours: Monday-Friday: 8:15am - 4:15pm