

2026 Water Aerobics

Ages 50+



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 at 4 Hampton Rd. Exeter, NH.

REGISTRATION: Session 1 registration for residents begins **Monday, April 6** and **April 13** for non-residents. Session 2 registration for residents begins **May 4** and **May 11** for non-residents. 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.

Session 1: Tuesdays & Thursdays (June 16 - July 9, 2026) Session 2: Tuesdays & Thursdays (July 14 - August 6, 2026)	
Session 1 & 2 Times	Session Fee
12:00 - 12:45pm	\$30/Resident or \$40/Non-Resident

Exeter Parks & Recreation Department
10 Hampton Rd. Exeter, NH 03833
www.exeternh.gov/recreation 603-773-6151