

AQUA YOGA AND WATER AEROBICS

AT CASAMENTO POOL

65 MUNCEY ROAD, WEST ISLIP NY 11795

INSTRUCTOR: BONNIE RUBELL

This is a shallow water, low impact exercise class for seniors. It incorporates traditional standing chair yoga poses in the water. Props such as the pool ledge and large/small water noodles are used for buoyancy and resistance. The class begins with warm-up exercises and ends with cool down stretches. The class is appropriate for most seniors and requires the ability to safely enter and exit the pool. All exercise supplies are provided. Please bring sunscreen, a towel and water bottle.

Activity #: 108300A
Date: July 16 - August 20
Day: Tuesdays
Time: 10:00 am - 11:00 am
Fee: \$50 for residents
\$65 for non-residents

Send Completed registration form along with your method of payment to:

Town of Islip - Sports Office

50 Irish Lane, East Islip, NY 11730

We accept Visa/Mastercard and Checks payable to: Town of Islip

Registration forms can be downloaded from www.islipny.gov

For more information, please call the

Town of Islip Sports Office at (631) 224-5404.

Angie M. Carpenter, Supervisor

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