

## **ACTIVITY CONFIRMATION**

<< Water Aerobics >>

## **Water Aerobics Schedule**

Monday - Thursday
AM Activity Session

Class: 11:00 - 12:30 pm

**PM Activity Sessions** 

Rotation #1: 3:00 - 4:00 pm Rotation #2: 4:10 - 5:10 pm Friday

AM Activity Session

Class: 11:00 - 12:30 pm

**PM Activity Sessions** 

Super Big Event: 3:10 - 5:00 pm

Water aerobics is a class that will be a workout class held in the camp's pool! Basic exercise moves with water will make for a good workout!

Make sure your camper brings swimming trunks or a one-piece swimsuit. Water shoes are highly recommended.