SWIM + EXERCISE = HEALTHIER LIVING

Senior Swim 2020
Cumberland Cape Atlantic YMCA

Swimming is one of the best exercises for active older adults age 65 and older! It is safe and easy on the body, allowing people to move their bodies without bearing their weight. It can provide a complete workout improving:

- cardiovascular conditioning
- flexibility, posture and balance
- physical appearance due to muscle toning
- weight and appetite control
- stress reduction

2020 HOURS!
Tuesdays and Thursdays, from 1:00pm–2:00pm; beginning January 2
Cost: Program Membership is $40 for the year, plus $3 per visit for Program Members