



# 2025 Water Aerobics Sessions 1 & 2



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:** **Session 1 registration for residents begins Monday, March 10 and March 17 for non-residents. Session 2 registration for residents begins June 30 and July 7 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.

<b>Session 1: Tuesdays &amp; Thursdays – June 17 – July 10, 2025</b>	
<b>*Does not meet on June 19, 2025*</b>	
<b>Session 2: Tuesdays &amp; Thursdays July 15 – August 7, 2025</b>	
<b>Time</b>	<b>Fee (session 1)</b>
12:00pm-12:45pm	Residents: \$5/session & Non-Residents: \$15/session
<b>Time</b>	<b>Fee (session 2)</b>
12:00pm-12:45pm	Residents: \$5/session & Non-Residents: \$20/session

**EXETER PARKS & RECREATION DEPARTMENT**

**32 Court Street, Exeter, NH 03833**

**Phone: (603) 773-6151**

**Website: [www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)**

**Business Hours: Monday-Friday: 8:15am - 4:15pm**