



**Seymour Parks & Recreation
&
A Splendid Earth Wellness**

invite you to join

**Aquatic Exercise at
Shield's Park Pool
June 11th - August 1st**

Deep Water Exercise

Monday – 11:05 – 11:50am

Wednesday - 5:45 – 6:30pm

(aquatic exercise belts are provided and are first come, first serve)

Shallow Water Exercise

Wednesday – 5:00 – 5:45pm

Cost: \$5.00 per session

Instructor: Kelly Baute, Ph.D.



**Contact the Parks Office at
(812) 522-6420 for additional information
Or email seyparkrec@seymourin.org**

Certified Lifeguard on Duty