

# Aquatics

## Physical Fitness for Older Adults

This course is designed for the older adult and offers instruction in the principles of aquatic exercise designed to maintain and increase flexibility, muscle tone, breathing capacity, coordination, and balance. This course provides water exercises that are flowing, smooth and gentle on the body as well as contribute to improved physical and psychological well-being. No registration fee. Class fee: \$12 per year. student body card: \$2. Instructor: M. Medina



### Park La Brea Pool

Meridian Swim Club. 5810 West 6th Street, LA 90036  
(Stop at Security kiosk for pass and directions.) Starts in November.

**Friday, 10-11:30 am**

**Wednesday, 7-8:30 pm,**

*The Friday and Wednesday classes will be temporarily held at the West Hollywood Park Pool until renovations to the Park La Brea Pool are completed. (See below for address.)*

**Open enrollment.  
Join at any time.**

### West Hollywood Park Pool

647 N. San Vicente Blvd., W.Hollywood 90069 (Across from the Pacific Design Center)

**Monday & Wednesday, 1-3 pm**



**Questions?** Call (323) 370-1040 or (310) 914-3565  
or go to our website at [westsideadultschool.org](http://westsideadultschool.org)

**Westside Education & Career Center**  
Division of Adult and Career Education • Los Angeles Unified School District

