



Adult Water Exercise Now Enrolling!!!

Activity Waivers

Available for download at:
www.lakecasitas.info

Program Season

June 17th - September 7th

Class Times

Monday through Sunday
9 a.m. - 10 a.m.

Monday through Thursday
6 p.m. - 7 p.m.



Adult Water Exercise Summer Program 2019

Participants

Must be over the age of 16

Attire:

Water Shoes Strongly Recommended
Appropriate Swimsuit Required

Recommended:

Hat, Sunglasses, Sun Block & Water

Parking:

Free for Registered Participants

For Questions
Contact:
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Ventura, CA 93001
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www.lakecasitas.info



"A wonderful program with excellent instruction. There is nothing like this low impact workout in one of California's most beautiful parks. Great for adults of all ages looking to put a spring in their steps!"

2019 Program Fees
\$60.00 for each participant
per 12 classes
or
\$6.00 for each participant
per each individual class

- Program Fees Include:**
- Short-Term Parking
 - Instruction
 - Equipment