

Adult, senior water exercise classes at South Tahoe Rec Center

Make a splash or a ripple in the Adult Water Exercise & Running class at South Lake Tahoe Recreation & Swim Pool Complex.

Classes are offered year-round, Monday-Saturday from 9-10am. A Deep Water class runs on Monday and Wednesdays, 6-7pm.

Water exercise is for all adults and seniors who want a fun and wet work out, that can increase your flexibility, circulation and energy. No swimming ability is necessary. You can deep water jog, do the class workout or your own. Bring your water toys or use some of ours: noodles, kickboards, aqua belts and bells.

The pool is 80 degrees and outdoors until the middle of October – then the bubble goes up and is on until the middle of May.

Two ways to pay: Drop-in is \$4.25 for adults and \$3.25 for seniors or a discounted 10-use card is available.

South Lake Tahoe Recreation & Swim Pool Complex is at 1180 Rufus Allen Blvd.

For more information, call (530) 542.6056.