



CITY OF MUSCATINE PRESS RELEASE

DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

July 3, 2018

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ENJOY PEACEFUL MORNINGS AT THE AQUATIC CENTER

Parks and Recreation hosting Water Aerobics and Adult Swim Lessons

MUSCATINE, Iowa – The Muscatine Parks and Recreation Department will offer an Aqua Conditioning class and Adult Swim Lessons at the Muscatine Aquatic Center. Both classes will begin Monday, July 9, from 9:00-10:00 a.m.

Parks and Recreation staff will work with both swimmers and non-swimmers in the Aqua Conditioning class to provide a fitness opportunity that is both challenging and fun. The water provides resistance to enhance muscle strength and endurance as well as improve cardiovascular fitness. Aqua Conditioning will run each Monday and Wednesday from 9:00-10:00 a.m. from July 9 through August 1.

There has never been a better time to take advantage of personalized swim instruction in a private setting. Swimming is a healthy activity that can continue for a lifetime. So do not wait and register today for Adult Swim Lessons beginning July 9 through July 25. Class will be held each Monday, Wednesday and Friday from 9:00-10:00 a.m.



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Space is filling up fast so contact the Muscatine Parks and Recreation Department today at (563) 263-0241 to sign up.