

Aquatic Friends

Deep water aquatic exercise program for women with cancer

Free of charge

Eight-week aquatic program

Gentle water exercise to improve fatigue and enhance physical and psychological wellness

No swimming skills required, but you must be comfortable in deep water

MASKS REQUIRED

Thursday mornings, 8:30 – 9:15

August 27; September 3, 10, 17, and 24; October 1, 8, and 15

Leisure Square Aquatic Center — 3707 16th St., Vero Beach 32960 — 772.770.6500

REGISTER NOW – SPACE IS LIMITED

Contact Coach Pam Meredith at Swigram65@outlook.com or 772.559.0607

- Please come at least 10 min. early to meet the coach and your classmates
- Comfortable swimsuit, sunscreen, hat, and water bottle are strongly recommended; water shirt recommended but optional
- We will be using noodles to stay afloat, which may found for around \$5 at Publix, Target, or Deep 6 Dive and Watersports; Coach Pam also has some that you can use

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Friends After Diagnosis