



# Proactive Arthritis Water Exercise Classes

*Find comfort in the soothing waters of the  
Caporella Aquatic Center.*

*Work on balance and coordination while  
increasing range of motion, joint flexibility, muscle  
strength and cardiovascular  
fitness without causing strain.*

*No swimming experience necessary*

*Classes held:*

*Mondays 10:00am-11:00am*

*Wednesdays 12:30pm-1:30pm*

**at the Caporella Aquatic Center**

**9300 NW 58th St.**

**Free to Senior Program Members**

**\$2.00 for Non-Program Members**

**Tamarac Parks & Recreation....Experience It!!!**

