

# Aqua Aerobics



**Mondays, 5:00 - 5:45 PM  
&  
Wednesdays, 6:00 - 6:45 PM  
March 27 - May 17  
with Valley Swim School\*  
(held at JFL Middle School in Florence, MA)**

***Stretching and low-impact aerobics can be as gentle or as strenuous as you want. You don't need to get your head wet or know how to swim.***

***Flotation devices and lift into the pool provided!***



***\* Doctor's permission required for all participants including caregivers and family members***

**If you'd like to register for this workshop,  
call Cancer Connection to register: (413) 586-1642.**