

# Don't Fear the Water

At Naperville

For all adults who have apprehensions about the water, we can help you **conquer that fear**. This class will take place in the warm water of the therapy pool. The goal of the class will be to get you comfortable in water so you can participate in any of our aqua classes or just enjoy the pools on your own. Class will start off with simple movements and then we will individualize the instruction to help you accomplish your goals. Class size will be kept small and you will be learning at your own pace. We can help you love the soothing, challenging, yet therapeutic effects of water. **If fear of water has kept you from enjoying water activities, this is the class for you.**

## 6 Weeks

**Sundays 2:45 – 3:15pm**

**January 8 – February 12, 2017**

**February 19 – March 26, 2017**

**April 2 – May 21, 2017**

(no class on Easter, April 16 or Mother's Day, May 14)

**Members: \$30**

**Non-Members: \$58**

Online registration: [www.edward.org/classes](http://www.edward.org/classes) or contact Toni Kadera

(630) 646-5917 [toni.kadera@eehealth.org](mailto:toni.kadera@eehealth.org)

For more information, please contact

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HEALTH & FITNESS

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