

CREAKY joints

at the Sports Core Pool

This minimum-impact class focuses on working all joints of the body to improve balance & flexibility. It is particularly suited for individuals with arthritis or muscular disorders that impair movement or anyone recovering from joint surgery.

Monday, Wednesday, Friday
11:00—11:50 am

Oct 26—Dec 4

Dec 14—Jan 22*

18 classes

* No Class 12/25

Tuesday, Thursday
11:00—11:50 am

Oct 27—Dec 8*

Dec 15—Jan 26**

12 classes

* No Class 11/26 **No Class 12/24

With Edith Vogl, Certified Water Arts Arthritis Instructor
Must have 5 registered participants. Those with diabetes must wear water shoes.

18 Classes

\$55 Swim Members
\$65 OP Residents
\$81 Non-Residents

12 Classes

\$40 Swim Members
\$45 OP Residents
\$57 Non-Residents

Drop-In: \$5 Swim Members / \$6 OP Residents / \$7 Non-Residents

Sports Core Pool | 11144 Cathell Road, Ocean Pines, MD 21811
410-641-5255 | OceanPines.org

