

Bear Creek Lakes

Water Aerobics for Kids

Ages: 5-12

Cost: FREE

Days: Mondays and Wednesdays

Time: 9:00AM-9:45AM

A group of exercises designed to get children moving to promote good physical fitness while increasing their heart rate, building of upper and lower body, strength, flexibility, teaching of water safety and having fun.

Bring noodle, towel, goggles, and must wear a BCL 2022 badge.

Have fun!!