



Tupelo Aquatic Center's Water Exercise and Skills Development Program for Veterans

Friday's of each month from 1pm-1:45pm. (no class if facility is closed)

This class is instructor led. Exercise routines vary in intensity, but typically are performed at participant's own pace and comfort. Warm water in a depth of 3.5 to 4.5 feet. Appropriate swim attire must be worn. T-shirts or coverups may be worn over the swim suit. \$5.00 per class or become a **Tupelo Aquatic Center Splash Monthly Member for \$20.00** and enjoy all the benefits of the state of the art aquatics facility.

AQUAVET T-Shirts are available to order at the front desk from the 1st to the 15th of each month. Cash or checks only. Check payable to Tupelo Aquatic Group. Payment is required at the time you place your order.

For more information call 662-840-3768.