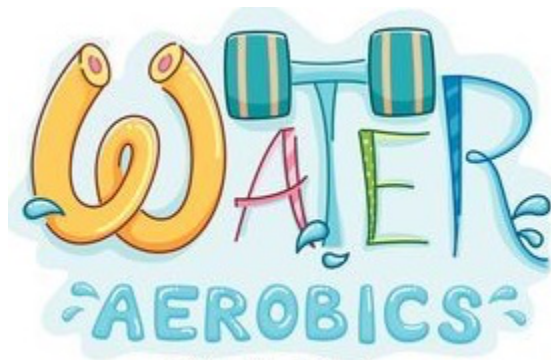




P.O. Box 366
Coupeville, WA 98239
ACBC-Whidbey.org

ACBC BULLETIN



Dive into fun and fitness with our new water aerobics class, perfect for all fitness levels! Each workout will enhance cardiovascular health, strength and flexibility while being gentle on your joints. Come make a splash and have a great time with your neighbors at the ACBC pool.

Classes are offered Tuesday and Thursday from noon – 1pm, beginning the week of June 17.

For questions, please contact Mary (our instructor) at 425-319-7213.

Each session is complementary with the purchase of an annual swim pass, punch card or daily swim pass.