



April Pools Day

March 31, 2014

5 - 8 p.m.

at the SRC Pool

Featured Classes:

5:00 p.m. - 6:00 p.m. Aqua Zumba

6:00 p.m. - 7:00 p.m. Aqua Ai Chi

7:00 p.m. - 8:00 p.m. Water Aerobics

Tweak Your Technique

Get free tips from ODU's Swim Instructors on how to perfect your stroke techniques!

Mini Wet Exit Clinic

Learn how to roll and exit a kayak safely from our Outdoor Adventure experts!

Youth Swim Lessons

Ask any of our instructors about information or questions you have about our Youth Swim Lessons and how to register!

All Members and Students welcome!
No registration required

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