

Stay Fit & Healthy. Swim at Los Baños del Mar Pool!



Swimming is one of the best exercises for seniors. It is safe and easy on the body, allowing you to move your body without bearing its weight; consequently there is far less stress placed on joints and bones as you exercise. There are ten main benefits of swimming for seniors:

1. improved cardiovascular conditioning
2. improved flexibility
3. improved physical appearance due to muscle toning
4. improved posture
5. increased muscle strength
6. eased muscle tension
7. improved balance
8. weight and appetite control
9. stress reduction
10. reduced risk of osteoporosis

We don't need to feel old as we age if we make a commitment to regular exercise. One of the main benefits of swimming is that it keeps us young for as long as possible.

Come down to the heated outdoor 50-meter Los Baños pool at 401 Shoreline Drive and enjoy all the benefits swimming can offer! Ability and speed designated lanes. Weight room and showers included. Monthly locker rental available.

Lap Swim Hours: Mon-Fri 7:30-9am; 12noon-2pm; Weekends: 12noon-2pm.



New! Water Aerobics Class

Fridays 2-2:45pm (15 minutes
for locker room)
\$36/6 classes.

Register at front desk.

<u>Fees:</u>	<u>Fee / Fee with RDC</u>
Per Visit	\$6 / \$5
10-Visit Adult Swim Pass	\$40 / \$36
10-Visit Senior Swim Pass (60+)	\$31 / \$28
Unlimited Adult Monthly Pass	\$58 / \$53
Unlimited Sr. Monthly Pass (60+)	\$40 / \$36
Small Locker (2-ft.)	\$10 / \$9
Large Locker (3-ft.)	\$12 / \$11