

Deep Water Running Program at Willowbrook - 2019

Requirements

Participants do not need to know how to swim. This is vertical water exercise. You **DO** need to be able to enter and exit the pool independently, and maintain a vertical body alignment using a buoyancy belt.

Each participant must provide his/her own flotation device. We recommend Water Gym belts. They can be purchased by visiting watergym.com. Most participants should purchase a small belt.

Program Details

Willowbrook Swim Club
586 Millwood Road (Rt. 133)
Mount Kisco, NY 10549
Phone: 9141-666-3916

This year, the Deep Water Running Program will take place on Monday and Wednesday from 12:30 – 1:25. The program will begin Monday, July 1st 2019 and end on Wednesday July 31st 2019.

The cost for all 10 classes is \$100.00 for members of Willowbrook, and \$150.00 for non-members.

In the event of cancellation due to bad weather, the sessions will be made up at the end of the program. If the pool is closed, you may call the Willowbrook phone: 666-3916. The manager will leave a message on that line.

How to Enroll

If you wish to participate, please send a check made out to Willowbrook to Kelly Blacker, 15 Crow Hill Road, Mt. Kisco, NY 10549 by June 28, 2019.