

The City of Dallas Park and Recreation Department invites you to an

# Open House

at Bachman Indoor Swimming Pool



## Come and See Dallas' Newest Public Aquatic Facility

We invite you to come and check out the newly renovated Bachman Indoor Swimming Pool on Saturday, November 21 from 10am – 2pm. Bring your swimming suit to participate in a class demonstration or simply splash around and play some games. Kids can enjoy games and prizes and a free swim lesson evaluation as you tour the new facility.

## Join In for One of the Following Class Demonstrations



### 10:15 Circuit Workout

This high intensity interval workout will put you through the paces as you rotate through stations that focus on improving strength, flexibility and cardiovascular fitness.



### 12:15 Splash & Tone

The perfect combination of gentle aerobic exercises, muscle toning & strengthening, and posture improving exercises make this the perfect workout for those with arthritis, recovering from an injury, pregnant, and seniors.



### 11:15 Salsa Splash

Let the rhythm of Latin music and moves help you burn unwanted calories, boost your physical endurance and improve your range of motion. This high energy cardio workout is a fun way to get your heart pumping.



### 1:15 Aqua Box

Choreographed boxing & kick boxing moves are combined into effective, stamina building routines designed to maximize water's built in resistance. Class also includes a slower, flexibility enhancing Tai Chi Cool Down.