

Water Aerobics

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Contact Email

acrump@co.charles-city.va.us

Intake Process

Call to confirm pool hours and days

Provider Refer

Yes

Self Refer

Yes

Charles City County Department of Parks and Recreation

<http://www.co.charles-city.va.us/181/Recreation>

<http://www.co.charles-city.va.us/184/Fitness-Center>

Main

(804) 652-1604

Charles City Social Center

8320 Ruthville Road

23147 VA

United States

Additional Availability Comments

Visit web site and calendar for more details.

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Charles City County Department of Parks and Recreation offers a physical fitness program which features a series of exercises that are done in a swimming pool or other aquatic setting. Aquatic Fitness/Aerobics classes are offered to seniors on Fridays 9:00 am in July and August. The pool is open for use Monday - Friday 3:30 pm - 7:00 pm and Sunday 1:00 pm - 7:00 pm.

Times may change for aquatic and fitness classes. Location is the Social Center. Call to confirm

Service Area(s)

Charles City County