

2023 HARRIS COUNTY AQUATICS

ADULT PROGRAM

Water Aerobics | Aqua Zumba | Learn to Swim or Lap Swim



2 classes x 45 min x 2months.

Classes are held on Mondays and Wednesdays OR Tuesdays and Thursdays at the following locations:

Harris County Aquatic Center
2731 El Camino Street
Houston, TX 77054

Monday & Wednesday
Learn to Swim: 9am & 10am (Level 1&2)
Lap Swimming: 8am/9am/10am/11am

Tuesday & Thursday
Water Aerobics: 9am/10am
Lap Swimming: 10am
Aqua Zumba: 11am

Julia C. Hester House
2020 Solo Street
Houston, TX 77020

Monday & Wednesday
Water Aerobics: 8am/9am
Learn to Swim: (Level 1 & 2) 10am, 11am, 12pm
Lap Swimming: 10am, 11am, 12pm

Tuesday & Thursday
Water Aerobics: 8am/9am
Lap Swimming: 11am

A message from

Commissioner Rodney Ellis Harris County Precinct One

Staying active is important for physical and mental health. Our Aquatics Program offers a social and welcoming environment for adults with all abilities. Benefits of water workouts include building strength and reducing risks for injury. In addition, improving, and maintaining your health can be fun! **JOIN US for our FREE Adult Aquatics Program.** Enrollment is on a first-come, first-served basis, so sign up today!

Register Today! Visit hcp1.net/communityportal

- 1 Visit hcp1.net/communityportal
- 2 Click on the Community Portal button to access Aquatic program offerings.
- 3 Click on Get Started
- 4 Participants will receive a confirmation email once process is complete.

Note: A physician's release form is required. Every participant will need doctor's authorization and must present a signed consent to participate in the program



	REGISTRATION DATES	2023 SWIM LESSON SESSIONS
Session 1	January 9 & 10, 2023	January 17 - February 23, 2023
Session 2	February 20 & 21, 2023	February 27 - April 27, 2023
Session 3	April 24 & 25, 2023	May 1 - June 22, 2023
Session 4	June 20 & 21, 2023	June 26 - August 3, 2023
Session 5	August 28 & 29, 2023	September 5 - October 26, 2023
Session 6	October 23 & 24, 2023	October 30 - December 7, 2023



Rodney Ellis

For more information, please call: 346-286-1910

Revised 12-30-22