

Aquamovement and Exercise For Older Adults

Aquamovement is all about having fun, connecting with others, and enjoying a sense of community. Whether you're looking to stay active, meet new people, or simply enjoy the soothing atmosphere of the water, Aquamovement offers a welcoming space for everyone.



**It's fun, friendly, and the perfect way
to move and groove in the pool!**

Tuesdays 10am-10:45am

October 14 - December 16, 2025

Terrace Lodge - 49462 Talbot St E. Aylmer

Drop in - \$5 per visit

Space is Limited, Bather and Pool Admission, Facility
Access & Guidelines apply



YWCA ST. THOMAS - ELGIN

Ontario 