AQUA FITNESS 25¢ EVENT!

TO CELEBRATE OLLI's 25th Anniversary!

At the FURMAN PAC POOL

FRIDAY, MAY 11 -promptly- at 9:00 AM – 11:00 AM

Join us for some fun water aerobics and friendly competition. Bring a guest to participate or to cheer you on! Spectators WELCOME and eligible for prizes too!

Pre-Registration and a 25¢ payment is due by May 9 for all participants AND all spectators. OPEN TO ALL Furman Physical Activity Center (PAC) members and OLLI members and their guests. Sign-up at one of the Water Aerobics classes OR sign-up on the clipboard at OLLI or call Stephanie (864) 553-1773. Note: All non-OLLI or Non-PAC members will need to sign a waiver.

AGENDA

8:00 - 8:45 Park in the lot closest to the Football field side of PAC parking lot

8:15 - 8:55 Greetings in the PAC Lobby. We’ll check your name off the list, put your name in the prize jar, and walk you thru the turnstiles. Participants proceed to the locker room to get ready. Spectators proceed directly to the pool. (Dress lightly- it is VERY humid in pool area)

9:00 Welcome @ pool side Stephanie / Door Prize

9:10 Warm up with Lois and Greg/ Door Prize

9:20 Short Cardio workout with MUSIC “Celebration” by Kool and the Gang/ Stephanie

9:40 “Our Greatest Hits of Aquatic Therapy” presented by the St. Francis Therapy Center @ Furman Sportsmedicine. Your go to list of exercises for the greatest benefits. Door Prize

10:00 LET THE GAMES BEGIN! (CONTEST PRIZES will be distributed after games are completed)

MUSICAL WATER BELLS – (individuals) The last one holding a water bell wins! /Lois and Greg

PULL YOUR PARTNER RELAY – (partners) Using noodles pull your partner to the ropes/change places/ then you get to ride back to the wall.

TEAMWORK “INDIAN” RUN (4 team members) Jog/ Run the length of the pool. Each team member must have “led” at least once and ALL members must cross the finish/ Flag line.

MESSAGE IN THE BOTTLE- (individuals) - Ride your noodle from the 4 corners of the pool to reach the center/ grab a floating bottle and paddle back to your corner to reveal secret prizes.

10:40 Warm down and Stretch/ Door Prize

10:45 THANK YOU to our PARTNERS / Pick up your prizes and information and water bottles!