



USAG Vicenza  
**Swim Classes**  
Prenatal/Pregnancy Swimming

Swimming as exercise is one of the safest ways for pregnant women to get a workout during their pregnancy. No swimming skills required.

**Location: Post Indoor Pool**

Register at the front desk.

**Meets:**

**Session 1:**

**Wednesday, Feb 22**

**2-2:45 p.m.**

**Session 2:**

**Friday, Feb 24**

**10:30-11:15 a.m.**

**Cost:**  
**\$50**

Limited to 6 participants.

For more info call 634-8642 or visit [www.vicenzaMWR.com](http://www.vicenzaMWR.com).

