

# Plymouth Park Department Newsletter

## July 2017

The pool is open and swim lessons have started! There are still spots available in both sessions 3 & 4 with three time slots: 10:00am, 11:00am, & 6:00pm. Also, there are free Aqua Exercise Classes on Monday's & Wednesday's from 8:00-8:45pm at the Plymouth Public Pool.

Day Camp is having a blast exploring the park, swimming, visiting Price's Pond, Fitness Forum & making all kinds of crafts! There is still plenty of space available just stop by the park office to pick up a Day Camp information packet. For registration forms visit the Park Department's webpage at: [www.plymouthin.com](http://www.plymouthin.com).

River Park Square will be busy with a couple upcoming events this month as well as Farmer's Market on Saturday mornings. On Saturday, July 22nd The Plymouth Park Department will host

our annual Coca-Cola Family Day from 6:00-9:00pm. There will be free Hot Dogs, popcorn & Coke products. As well as a free concert by the band Flip-side & Bounce Houses for the kids to enjoy!

The Plymouth Park Department and Miller's Assisted Living Community would like you to join us for the Senior Classic Games which will take place on July 23rd through July 27th. This event is held to promote a healthy and active lifestyle for ages 50 and over. Brochures and registration forms can be picked up at the Park Office and Miller's Assisted Living. We will take registration forms at any time. For more information call 574-936-2876.

### Upcoming Events:

- July 3—Session 3 swim lessons begin
- July 17—Session 4 swim lessons begin
- July 22—Coca-Cola Family Day at RPS 6-9pm
- July 23—July 27—Senior Classic Games
- July 24—Park Trip to Michigan City Outlet Mall
- August 11—Senior Day at RPS at 1:00pm
- August 12—Taste of Marshall County at Amphitheater
- August 19—Last Day of Public Pool
- August 23—Park Trip to Grissom Air Reserve Base & Lunch at Dutch Café 8:30-2:30pm

### FREE AQUA EXERCISE CLASSES AT THE PUBLIC POOL MONDAY & WEDNESDAY BEGINNING JUNE 5 - JULY 26

8:00-8:45 p.m. Aquaboogie— is a water aerobics class – It will be great for individuals with arthritis or folks who have difficulty with high impact exercises. This form of exercise can increase cardiovascular health, joint health and upper/lower body strength. The class will consist of Zumba moves for cardio and toning/strengthening drills.

### SHUFFLEBOARD CLUB

Monday & Thursday's at 9:30 a.m. May—October  
Contact Walt Pickerell at 574-780-3085



For more information, contact Recreation Director, Morgan Koops at 574-936-7255 or [parkrec@plymouthin.com](mailto:parkrec@plymouthin.com).

