



NEWS RELEASE

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Township Aquatic Programs offer something for everyone

THE WOODLANDS, TEXAS (July 7, 2014) – The Woodlands Township Aquatics Department has fun and excitement for everyone this summer with a wide variety of programs to choose from. For instance, the brand new Toddler Transition program helps tots learn the fundamentals of swimming, building confidence, and strengthening skill sets, all with a mother’s help in the water.

Concerning swim lessons, The Woodlands Township offers private lessons for adults and children, and a variety of youth group lessons. Anyone who has yet to learn to swim can do so through one of the many programs offered at the Township pools.

Many residents are finding a good way to beat the heat and get exercise at the same time by enrolling in both high impact and low impact water exercise programs, including circuit water training, water resistance walking, and water weight programs.

There is also a new Breaking Water program for mothers and babies in the Lazy River at Rob Fleming Aquatic Center that involves squats, lunges, runs and more. The Woodlands Township even offers scuba diving and rowing instructional programs, as well as a Junior Lifeguarding program.

Details on all aquatic programs can be found in The Action Guide and SPLASH! — the one-source solution for water fun in The Woodlands. Copies of both are available for pick-up at the front desk of all the pools.

For more details on all these summer aquatic programs with The Woodlands Township, please stop by The Woodlands Recreation Center at 5310 Research Forest Drive and pick up the Action Guide, call 281-210-3950, or visit www.thewoodlandstowship-tx.gov. The Action Guide can also be downloaded online at www.thewoodlandstowship-tx.gov/actionguide.

For more information on The Woodlands Township, please call 281-210-3800 or visit www.thewoodlandstowship-tx.gov.