

FOR IMMEDIATE RELEASE
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Hit the water to get fit at Worldwide Aquathon Day

Take part in aqua fitness at the Worldwide Aquathon Day with instructor Terri Mitchell on Nov. 10 at Lakeway Swim Center, 3103 Lakeway Blvd.

Four 30-minute intervals will get hearts pumping for a total of two hours of exercise. Swimmers of all ages may sign up for as many sessions as they would like.

The first session at 11 a.m. will be followed by sessions at 11:30 a.m., noon and 12:30 p.m. Please arrive 15 minutes prior to your start time. The event is free of charge.

To sign up, visit www.lakeway-tx.gov/swimcenter or stop by the Swim Center front desk to pick up a form. Completed forms may be turned in to the front desk at the Swim Center or emailed to davidjohnson@lakeway-tx.gov.

Each session will have a maximum of 50 spots, so be sure to register early as space is limited.

Venues in multiple countries around the world will observe Worldwide Aquathon Day on the same day. Rose Hartzenberg started the initiative in South Africa in 2009, and it spread online to connect countries that wanted to participate in the event.

Worldwide Aquathon Day has encouraged more runners, cyclists, squash players, surfers, martial-arts sports, golfers, and other athletes to get involved in aqua fitness. Those wanting a total body workout have realized the benefits of participating regularly in aqua fitness classes. This is how the Worldwide Aquathon Day was born.

For information, call the Lakeway Swim Center at 512-261-3000.

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