

Splash Your Way to Better Health With HAP!



Mothers and seniors around Metro Detroit can get some free work-out help, thanks to a spring and summer water aerobics program sponsored by Health Alliance Plan (HAP). Moms in Motion and Senior Splash Bash, water aerobics programs for mothers and seniors, will be offered this spring and summer in six Southeast Michigan communities. Both programs are free and open to the public.

Senior Splash Bash gives seniors the low-impact, calorie burning workout they need. Moms in Motion helps moms get in good enough shape to keep up with the kids — with energy to spare to take care of themselves.

Senior Splash Bash and Moms in Motion will be offered in:

Dearborn
Detroit
Livonia
Southfield
Warren
Westland

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For more information or to register for Senior Splash Bash or Moms in Motion, call HAP at 313-664-8420.

Senior Splash Bash and Moms in Motion

Spring and summer classes will be held at the following locations:

Dearborn

Ford Performing and Community Arts • 15801 Michigan Ave. • Residents only

Detroit

Williams Recreation Center • 8431 Rosa Parks Blvd. • Open to the public
Chandler Park Aquatic Center • 12600 Chandler Park Drive • Open to the public
Lipke Recreation Center • 19320 Van Dyke • Open to the Public

Livonia

Sheldon Pool • Farmington and Plymouth Road • Open to the public

Southfield

Southfield Municipal Complex • 26000 Evergreen • Open to the public

Warren

Warren Community Center • 5460 Arden Road • Open to the public

Westland

Bailey Recreation Center • 36651 Ford Road • Residents only



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