



**Adults
Only**

Free Pool Walking Program!
Every Wednesday starting June 1, 2022 at 6pm

**WALK ACROSS TEXAS
IN THE POOL**

Come and join us in this fun activity and get into the habit of walking. We will be talking about a different fruit or vegetable each week and learn different tips and tricks.

Denim
Denim is not allowed in the pool, but if you do not have a swimsuit, shorts and a T-shirt can work, so do not let that stop you. This program is presented by Texas A&M AgriLife Extension Service – Calhoun County and the Better Living for Texans.



JUNE 1 THROUGH AUGUST, 2022

THANK YOU YMCA & THE CITY OF PORT LAVACA FOR LETTING US USE THE POOL!

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