

# Water Sports



At Carriage Manor you can attend any of the three water exercise classes held each weekday. The 7:00 AM class is a class where anyone could benefit. The 8:00 AM class is the most strenuous and will result in a good cardio-vascular workout

This class uses an exercise audio tape for instruction. The 9:00 AM class involves a lot of stretching.

Water Volleyball is also held each day during the week. It's great fun!



You can just relax by the pool during the day to get a suntan.

The pool is beautiful at night too.

