

## Get Active This Summer With Silver Cats and SwimFit

Date::

June 25, 2018

Two exciting programs to check out this summer at UA Campus Recreation will run on Tuesdays and Thursdays from July 10 to Aug. 2:

### Silver Cats

Silver Cats takes a proactive approach to aging. Join this small group to learn a variety of exercises designed to improve quality of life as we age. Work to improve your mobility, flexibility, balance and functional strength. All ages and skill levels are welcome to follow this progression for overall physical well-being.

### SwimFit

SwimFit is a hybrid workout program that combines short bursts of swimming with bodyweight exercises. This class is designed to utilize full-body swim drills and body weight strength training such as lunges, push-ups, and core work.

Don't have much swim experience? No problem! This program is geared towards swimmers of all skill levels. Our equipment-free approach means this workout won't put excess stress on your joints. The format of the class will vary each session with portions of each class in the water and on the pool deck.

To learn more about both programs, visit the Campus Recreation [website](#) <sup>[1]</sup>.

<https://uaatwork.arizona.edu/sites/default/files/SWIMFIT%20POSTER.pdf>

<https://uaatwork.arizona.edu/sites/default/files/Silver%20Cats%20flyer.pdf>

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### Links

[1] <https://rec.arizona.edu/program/fitness>