USCA
Wellness Center
www.usca.edu/wellnesscenter
803.641.3641

60 plus
Seniors Program

The USCA Wellness Center and Natatorium have a wonderful program dedicated to the senior population. This mission of the Seniors Program is to enhance the quality of life of the participants by providing supervised programs embracing healthy lifestyle choices.
Requirements to Join the Seniors Program

- Members must be a minimum of 60 years old.
- Members must complete an initial meeting with Woodrow Price, Special Programs Coordinator, to enroll in the Seniors Program.
- A medical release must be completed by your physician as well as a medical history form and informed consent completed at the time of registration.

Classes meet on Tuesday, Thursday and Saturday between the hours of 7:45a-12pm. At the time of registration you will select a time block that works with your schedule.

The 60 Plus Seniors program is $60 for 6 months or $120 for a year. You will select a payment at the time of registration.

Senior Fitness Classes

Senior Group Fitness Classes
Classes will be offered during the 8am-12pm time block in a group format including aerobics, strength, yoga and stretching. These are included with the membership.

Senior Water Exercise Classes
The Senior Water Exercise Class meets M/W/F from 9:30-10:30am in the pool and focuses on exercise for the older adult. The cost is $20 for a 10 visit punch card. Membership to the Natatorium is not required. To join the Senior Water Exercise Class all you have to do is come to the Natatorium and sign up.

Call about membership today! 803.641.2853 or email WoodrowP@usca.edu