



Splashing Seniors Program

The Cecil County Splashing Seniors Program is a great way to get some exercise and meet new people at the same time. It is one of our most popular programs and is offered through a partnership between Cecil County Department of Community Services (DCS).

Splashing Seniors Program is a water aerobics class that meets on Monday and Wednesday (an easier workout) or Tuesday and Thursday (a more intense workout). Individuals 60 and above who are interested in attending are welcome!! All interested community members must register in person at Cecil County DCS-Community Wellness Division *Elkton Center* located at 200 Chesapeake Blvd. Elkton, MD 21921. The *Elkton Center* is easily accessed, via the first floor-REAR entrance of the County Administrative Building.

Join people all across Cecil County and dive into this great alternative to a more traditional workout. Your monthly contribution of \$10 gives you year-round access to the **Splashing Seniors Program** and hours of fun and exercise.

For more information:

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