

Tsunami Mommies

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



This low-impact water aerobics class is geared for prenatal and post-partum mothers who want to stay active throughout their pregnancy and recovery. Tsunami Mommies can help with many of the common discomforts of pregnancy by providing a routine of low impact water exercises. This program emphasizes individual work goals, staying in shape, and is a great way to meet other expecting mothers. No experience is required.

Instructor: Mary McCracken

Sessions: 2/16 - 3/18, 3/30 - 4/29, 5/11 - 6/10

Tuesday / Thursday: 9:00-10:00AM

Cost: \$60 per session



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