



Department of Parks, Buildings, and Recreation Management

Contact: Joe Federico – Aquatics Director (413) 787-6298

Press Release

FOR IMMEDIATE RELEASE
(Pre-Registration Required)

O₂H – Overweight 2 Healthy

SPRINGFIELD – For someone who struggles with their weight, exercising can be very physically, mentally, and emotionally challenging. You are not alone! The City of Springfield's Aquatics Department will be hosting an aquatic fitness program called *O2H*, for those who are overweight or obese. This program offers a safe, supportive, and effective way for those individuals to begin to develop a healthier lifestyle in a protected environment with other people who are also overweight.

This fitness program is designed to meet the specific needs of those who are overweight or obese. Exercising in the water allows for low-impact movements that increase range of motion and circulation. Whether you are simply walking or using our aquatic fitness equipment for extra resistance, we can offer a personalized workout for you at your own pace. No swim experience is needed, and we will have a trained lifeguard on staff for everyone's safety.

The *O2H* program will be offered at Milton Bradley School on 22 Mulberry St, Springfield, MA. There is a walk-in ramp for easy access to the pool. The program will run twice a week on Tuesday and Thursday from 5:30pm – 6:30pm beginning April 1, 2025 until May 29, 2025. Pre-registration is required, and there is a cash or check only fee of \$60.00 per person for City residents and \$70.00 per person for non-City residents. There is also a special rate for Baystate Weight Management patients, available at only \$50.00 for the entire session (which includes 16 classes)! All fees are due on the first day of class. The capacity for the program will cap at 25 swimmers, so call to register soon!

For more information about the *O2H program*, or any other Aquatics programs, please call Joe Federico, Aquatics Director, at (413) 787-6298. Do not think of what you have to *lose*, think of all you will *gain*!

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