



Volume 6, Issue 8
August 2007

Official Newsletter
www.lakesoneldridge.net

MINUTES FROM THE JUNE BOARD MEETING

The Board of Directors of Lakes on Eldridge Community Association met on Tuesday, June 19, 2007. The following is a summary of what was discussed.

HOMEOWNER/GUEST FORUM

Two residents attended and were concerned about emergency access through the Ginger Ponds Gate. The residents were informed that the local fire department has access through a key to the gate. All other emergency response has a protocol to enter through the main entrance. One resident expressed his thoughts about the amount of accidents that have occurred in the neighborhood. He wanted to know what the Board was doing about it. A Board member explained that these occurrences were a topic of discussion at every meeting. He expressed that the Board was exploring a number of options including adding a full time patrol to the neighborhood. The resident said he would look in to the pricing of a surveillance system to see if it would be feasible.

Mr. Lee Mueller gave his report on the M.U.D meeting he attended on May 14th. Lee reported that the M.U.D. was discussing putting a chain-linked fence and barbwire around the lift station near the elementary school to prevent vandalism. The M.U.D Board approved the instillation of the fencing at a cost of approximately \$1,596. The Board for Lakes on Eldridge then asked the managing agent to contact the M.U.D about the possibility of changing the style of the fence to not include barbwire. They felt it would significantly detract from the appearance of the community. Lee then reported that the M.U.D has chosen a

contractor for the back drainage project and the connection work would begin soon.

FINANCIAL REPORT

Financial Statements: The Board reviewed the financial statements for the period ended May 31st, 2007. The Association had cash balances of \$486,192 in the Operating Fund and \$108,357 in the Replacement Fund. For the month ending May 31st, 2007 the Association had Total Income of \$416,681, Total Expenses of \$388,820 and an Operating Surplus in the amount of \$27,860. The financial statements were accepted.

Collections: The managing agent reported that \$17,506 of assessments and fees was collected during May 2007. This leaves \$61,109 to be collected in outstanding assessments. The Board requested the managing agent to send any amount over \$30 that was not already at the attorney to be sent to the collections agent.

Tax Exemption: The Board reviewed the sales tax refund recap sheet showing \$19,878 has been collected year to date. The Board requested the managing agent contact remaining contractors about their time frame for payment.

Deed Restrictions: The managing agent reported to the Board that there were 337 open work orders from the month of May with 34 orders being closed and 65 new letters being sent out.

Parks & Pool: We have the following needs at the Beach Club:

1. Tennis court wind nets are still down. It appears they have ripped and need replacing.
2. The Beach Club painting is finished. The

chairs are in and we are waiting on the sofa to be delivered in July.

Landscape: The asphalt work on the corners of the Tanner entrances was completed on Friday last week. The boulders are still to be installed.

* The remainder of the hollies are being planted this week. Alterations to some of the areas where the hollies are to go have been necessary to address drainage issues.

* The palms around the property have been trimmed.

* The roses, oleanders and lorapedlum at the main entrance were trimmed and shaped.

* Limbing up the oaks around the property is underway.

* Extra liquid fertilizer was applied to the flowers to encourage a flush of color.

* A prophylactic fungicide treatment was also applied to the seasonal color after all the rain.

* Quite a bit of detail work, including weeding, shaping and removing yellow from Lorigapi, has been done to landscape beds around the property.

(Continued on page 2)

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Lakes on Eldridge

IMPORTANT NUMBERS

AMI.....	713-932-1122
Gate Attendant	713-937-8825
Sheriff - (non-emergency).....	713-221-6000
Cy-Fair Fire Department - (emergency)	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
Texas DPS.....	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Source.....	713-983-3602
(Service or emergencies 24hrs).....	713-983-3604
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Time Warner Cable	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School.....	281-856-1000
Cy-Ridge High School.....	281-807-8000
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Peel, Inc.....	advertising@PEELinc.com, 888-687-6444

LOE Board Of Directors

To contact a member of the Board of Directors, call Alex Taylor with AMI at 713-932-1122. Leave the number where you can be reached. Mr. Taylor will then forward your message to one of the following board members:

Bronson Clay	President
Deborah Dunaway	Vice President
Lindsay Buchanan.....	Secretary
Cory Hammond.....	Treasurer

Visit the Association Website:
www.lakesoneldridge.net

Airport Noise

LOE is now in the flight pattern for both Intercontinental and Hobby Airports, which means air traffic has significantly increased. If you are concerned over the noise make a call to one or all of the numbers below. It is the number of calls and the people taking time to make them that make the most effective appeal for change for this situation.

- Houston Airport Noise Complaints Hotline: 281 233-3900
- Air Traffic Approach Number: 281 230-8441
- FAA Hotline: 1-800-255-1111

For Information Only.

Minutes from the Board- (Continued from Cover page)

* Several beds where Asian Jasmine has died have been re-graded and Asian Jasmine replaced.

* Dead or missing crepe myrtles have been replaced around the property.

* We have lost four pear trees in various areas around the property.

* A coordinated meeting between the landscaping company and the pump contractor earlier this month was held to review watering goals and pump function.

Center Point did finally get that light pole that was damaged back up and the landscapers leveled and replaced the sod around the pole.

Website: A board member requested that the managing agent contact the IT department about giving the information to him about complete access to the website.

MANAGEMENT REPORT

Window Tinting: The Board reviewed the bid from a window tinting company. Upon review the Board voted and approved the bid and requested the managing agent to contact the company and find out when work can begin.

ADDITIONAL BUSINESS

Lear External Gate Receiver: The Board reviewed the information provided about the gate access and requested the managing agent gain more information about being able to have access to the system to restrict gate entry.

Card Access to Beach Club: The managing agent reported to the Board that it would make contact about linking the proposed card entry system to a security system for the Beach Club. This would be done to make entry into the Beach Club easier for anyone who rents it.

The next regular meeting of the Board of Directors was scheduled to be held Tuesday, July 17, 2007 at 6:30 p.m. at the Beach Club.

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RELOCATING? MOVING UP? SCALING DOWN?

LAKEs

ON ELDRIDGE

Back to School time at ...
Kirk Elementary

School Office: 713-849-8250

2007 Fall & 2008 Winter Semester School Calendar*

Aug. 14-17	New Student Registration
Aug. 27	1st Day of School
Sept. 3	Student Holiday
Oct. 8	Professional Day (Student Holiday)
Nov. 22-23	Student Holidays
Dec. 21	End of 1st Semester
Dec. 21	Early Release Day
Dec. 24-Jan. 4	Student Holidays

Jan. 3-4	Professional Days (Student Holidays)
Jan. 7	1st Day of 2nd Semester
Jan. 21	Student Holiday
March 17-21	Student Holidays
April 28	Professional Day (Student Holiday)
May 26	Student Holiday
May 29	Last Day of School
May 30	Professional Day (Student Holiday)

* Dates/Times subject to change

Grading Periods: 1st Semester

1st Grading Period: Aug. 27-Oct. 5 . . . 29 Days

2nd Grading Period: Oct. 9-Nov. 14 . . . 27 Days

3rd Grading Period: Nov. 15-Dec. 21 . . . 25 Days

Total 81 Days

Grading Periods: 2nd Semester

4th Grading Period: Jan. 7-Feb. 15 . . . 29 Days

5th Grading Period: Feb. 18-April 4 . . . 30 Days

6th Grading Period: April 7-May 29 . . . 37 Days

Total 96 Days

Ann Knoche

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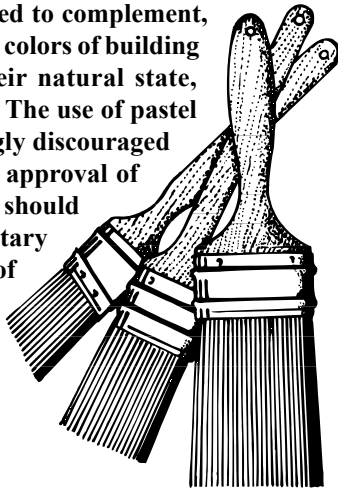
Lakes on Eldridge

HOUSEPAINTING REMINDER

If you are getting ready to repaint your house, please remember that you must submit an application to the LOE Architectural Control Committee if the color that you plan to use is different from the current color of the house. Only those who plan to use the same color need not apply. For your easy reference, the following excerpt from the ACC guidelines provides the exact text

“Any change in exterior colors must be submitted to and approved by The Committee. The palette of exterior colors for each residence shall be selected to complement, coordinate or harmonize with the colors of building materials which are used in their natural state, such as brick, stone, copper, etc. The use of pastel colors or primary colors is strongly discouraged and may be used only by special approval of The Committee. Paints or stains should be limited to three (3) complementary colors per residence. The type of paint shall be a durable high quality exterior paint.

The front door of all residences shall be stained and varnished. Painting is not permitted.”



Please Slow Down



Last month, street lights



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HURRICANE SEASON HAS ARRIVED!

ARE YOU AWARE that no new insurance policies can be written on the day a storm is declared a hurricane and is within the boundaries of 80 degrees West longitude and 20 degrees North latitude, or is in the Gulf of Mexico.

Also, if a storm identified as a hurricane is downgraded from hurricane status, but still poses a threat to the Texas coast, TWIA (Texas Windstorm Insurance Association) will not allow any new coverage until the TWIA General Manager determines that a threat to the Texas coast no longer exists.

If you are closing on home during hurricane season, it is imperative that you obtain insurance coverage well in advance of your closing date in order to avoid any potential problems.

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Lakes on Eldridge

LOE 4TH OF JULY PARTY & PARADE



Everything was red, white & blue at the Bicycle Decorating Contest.



Off they go round & round the lake.

On 4th of July the LOE Swim Team and Greater Houston Pool Association organized our 4th of July celebration at the Beach Club. Though it was drizzling rain a surprising number of patriots showed up. We had eighteen entrants for the Bicycle Decorating Contest lined up under the portico at the clubhouse. We had bicycles, tricycles, strollers, electric kiddie cars, and motorcycles all covered with red, white & blue! There were stars, stripes, streamers, glitter, and banners! If you let a little sprinkle keep you home, you missed a really fun time that was had by everyone. The kids quickly reminded us of the joys of not only being part of a parade but the added fun of cruising in the rain! The July Fourth Spirit is alive and strong in LOE.

We started the parade a little early because the sky darkened and we thought it the rain might bring a few rumblings of thunder or lightning which luckily did not happen. The parade route started on Lake Center Run and circled around on Lakeshore Ridge. Traffic cones were placed along the parade route along with American flags placed by the curb.

As the revelers paraded around, more and more kids joined in on their decorated bikes and joined in on the fun. After the parade, the rain went away and we continued with the planned festivities of

games and more fun in the pool. About 70 residents were treated to barbequed sausages, hot dogs, chips, queso, cookies, popsicles and soft drinks.

We would like to express our thanks for our sponsors who helped make this year's celebration a success, LOE Swim Team and Greater Houston Pool Company. A big thanks to our swim team volunteers Howard Laidlaw, Diana and Kent Stingl. A big thanks goes to Georgia Shotwell-Lester and Toby Ellis of Keller-Williams for judging the Decorating Contest. A huge thanks goes to Rosa Clay and Bronson Clay for hosting the family festival. A big thanks to our grill masters Don McGraw and Gus Lester. Thank you to David King and Jerry McDaniel for setting up and taking down the traffic cones and everyone including David Work and Deepak Lumba for standing in the rain as traffic monitors during the parade. Lastly a genuine thank you to Jeannet Davis, Sharon Sealy, Elaine and Johnny Pickle, Georgia Shotwell-Lester, Toby Ellis who all stayed for cleanup duty.

We look forward to continuing this tradition next year and hope to have more volunteers to help out to make this event fun and safe for all the residents at LOE. Stay tuned to the LOE News Letter for more volunteer opportunities if you missed this celebration.



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Lakes on Eldridge

LOST CAT

Our male cat named Sam has been missing since Monday, June 25, 2007 from Morning Breeze. He's about a year old and has medium long hair. He is mostly black with a white nose, throat, breast area and belly and white paws (all 4). He's very friendly, but afraid of cars.

Please call 281 416 4065 or 832 859 5241 (Mickey)



Please help find our beloved Sam!



Helping You Get Started

Residents of Lakes on Eldridge that would be interested in learning to knit, crochet, do needlepoint or embroidery, please join us on any Thursday at the Beach Clubhouse from 10 a.m. to 12 p.m. We will be happy to help you get started.

For more information contact Catherine Spellings at 713-896-1652 (home) or 713-628-7083 (cell) or CTSpellings@aol.com or Tina Wang at (713)-574-1654 or Yangingwang20022003@yahoo.com

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Lakes on Eldridge

TEXAS TAX HOLIDAY

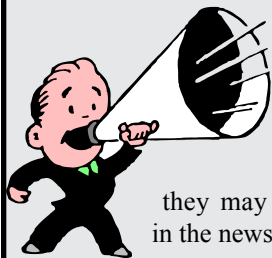
Texas Shoppers get a break from state and local sales taxes on most articles of clothing or footwear of less than \$100.00 on August 17, 18, and 19 – the state's annual tax holiday.

PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please contact

Deborah
Dunaway
at 713-983-
9651 or
dsd1951@
mac.com so

they may be recognized
in the newsletter.



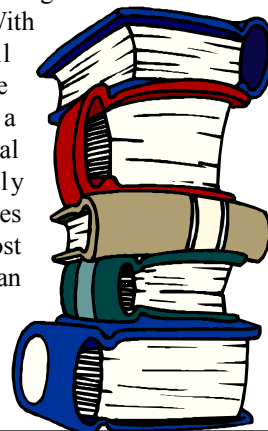
LOE BOOK CLUB

The LOE Book club has meets on the 4th Monday of each month at 7:30 P.M. We try to read a wide variety of material, so if this month's selection doesn't appeal to you, maybe next month's will. Do join us when we tackle a book on which you have comments or opinions. We will again be meeting in various members' homes, so call or e-mail Celeste Fritz, 713-896-6942, cfritztx@houston.rr.com for additional information.

August 27th – The Glass Castle by Jeannette Walls. Gossip columnist Jeanette Walls dishes the dirt on her own troubled youth in this remarkable story of survival against overwhelming odds. The child of charismatic vagabonds who left their offspring to raise themselves, Walls spent decades hiding an excruciating childhood filled with poverty and shocking neglect. But this is no pity party. What shines through on every page of this

beautifully written family memoir is Walls' love for her deeply flawed parents and her recollection of occasionally wonderful times.

September 24th – Snow Flower and the Secret Fan by Lisa See. Snow Flower and the Secret Fan is a brilliantly realistic journey back to an era of Chinese history that is as deeply moving as it is sorrowful. With the period detail and deep resonance of Memoirs of a Geisha, this lyrical and emotionally charged novel delves into one of the most mysterious of human relationships: female friendship.



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- Load dishwasher

Bathrooms

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

Windows

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

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Lakes on Eldridge

Yard of the Month at Lakes on Eldridge

It's time for yard of the month. LOE would like to recognize those neighbors whose yards stand out from the rest. The extra time, energy and money these residents expend on their lawns, and the imaginative touches they bring to their landscaping not only enhance the value of the homes around them, but also foster a positive image of the entire neighborhood. If you would like to nominate one of your neighbors or yourself for the Yard of the Month please contact the Yard of the Month coordinator: Deborah Dunaway, 713-983-9651 or dsd1951@mac.com.

Congratulations to the winners of July Yard of the Month!



5522 Cardinal Bay



5531 Indian Shores



12506 Whispering Sands

Board Seeking Volunteer for Website Committee

The Board is always on the lookout for volunteers to serve on the various committees that have been formed to make our community a nicer place to live. We are currently especially interested in finding someone with website development experience to join the newly formed website committee. The committee will be preparing recommendations for an updated web site, will implement the recommendations, and will be responsible for maintenance and administration of the site. If you are familiar with the technical aspects of website design and operation, we'd love to hear from you! Graphical design experience would be a plus, but is not necessary. Please contact AMI at 713-932-1122 if you are interested.

Article Submissions

*If you would like to submit an article or any information for the Lakes On Eldridge Newsletter, you may do so by sending the information to dsd1951@mac.com. This information should include your name. All information should be received **no later than the 12th of the month** and is subject to editorial approval as well as space limitations.*

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Lakes on Eldridge

Teenage Jobseekers

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please contact Deborah Dunaway, dsd1951@mac.com. All information must be received by the 10th of the month.

Babysitting

Pet/Plant Sitter

Lawn Care

Car Washing

Not Available Online

LAKES ON ELDRIDGE BIBLE STUDY

Mark your calendars! The L.O.E. Bible study will resume on September 11, 2007 at 9:15 at the L.O.E. Beach Club and meet every Tuesday morning. Because we live in a face-paced world we sometimes lose our balance and become overwhelmed. Our study of LIVING A LIFE OF BALANCE by the Women of Faith series will help us balance time, responsibilities, schedules, faith, and how to wait for God to reveal His will for our lives.

This Bible study is multi-denominational and welcomes all who want to achieve at closer relationship with our Lord. We hope you will make plans to attend. If you plan to come please e-mail Stephanie at sablegett@sbcglobal.net to she can order a book for you. The course cost is \$10.00. Fellowship and refreshments precede the study time. We hope to see you there.

MOTHERWISE GROUP BIBLE STUDY

The Lakes on Eldridge MotherWise group meets every other Monday starting in September in neighborhood homes from 10:00 AM to noon. The meetings begin with prayer and the presentation of the study segment followed by small group prayer time, and will conclude with social time and light refreshments. The MotherWise meetings are a great way to meet other mothers and gain some spiritual enrichment.

The leaders of the MotherWise group are Kathy Prusak 713-937-7707 and Elizabeth Tobin 832-467-1369. Please feel free to contact us for further information about MotherWise.

At no time will any source be allowed to use the Lakes on Eldridge Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Lakes on Eldridge residents only.

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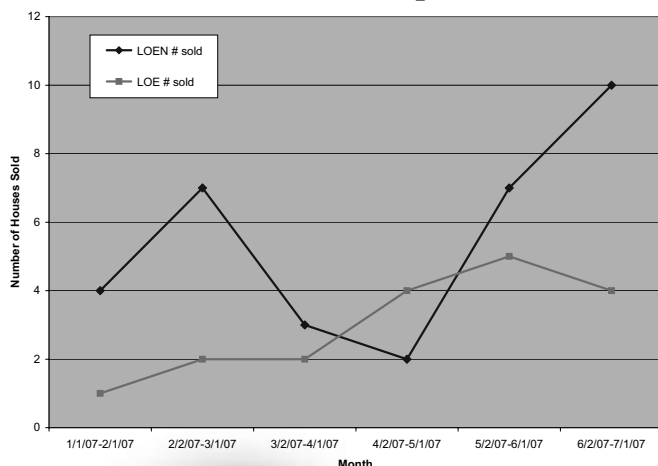
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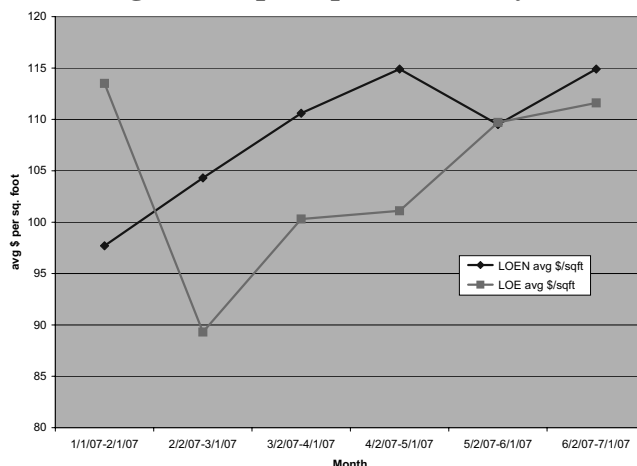
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What have prices done in the past 7 months?

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Avg. Dollar per sq. foot monthly trend



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Lakes on Eldridge

PLEASE SCOOP YOUR DOG'S POOP!

There are a few dog owners in our neighborhood that do not pick up after their dogs. PLEASE!! We have a beautiful community and it is such a shame to walk in the park and be confronted with some inconsiderate neighbor's dog's mess much less step in it. Everyone has an extra plastic bag in their home, just grab one before you leave the house for your walk. PLEASE SCOOP YOUR DOG'S POOP!



SUGGESTION BOX

Have you ever wanted to make a suggestion to the LOE Board of Directors but don't know how to go about it? Well, they have now made it very easy and convenient for you. The Board has placed a SUGGESTION BOX in the Member Section of the LOE website, www.lakesoneldridge.com. Please type in any suggestions for the Board to review and discuss. This Suggestion Box goes directly to the Board members and after such discussion; one of the members will be in contact with you. Please note that you may be called upon to be a part of the solution to the suggestion you make.

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Lakes On Eldridge North World Festival

September 29th 2007

*A celebration of the many, and wonderful,
Cultures represented in L.O.E.N.*

Come and join us on September 29th for the annual L.O.E.N. festival; this year we are celebrating the many cultures represented in the community of Lakes on Eldridge North. There will be ongoing activities, and various vendors, to offer food and fun for all the family. Put the date on your calendar, and watch for more information in your community newsletter

As the summer ends, and the fall begins.
There's a whisper of fun on the LOEN winds.

A festival is coming; to celebrate us all.
And to every resident we send out a call.

This festival represents each and everyone.
Because from around the world we all come.

And so we'll celebrate all the cultures we are
From hometown Houston to countries a-far.

With games, and food, and music too
There will be something to enjoy for each one of you

Come join with your community, we promise lots of fun.
Come taste food from the world under the evening sun.
Come shop the world market, and in the games participate.
Come meet your neighbors, make it a date.

Bring your family, and do bring a chair.
We'd love you to stay for the longest time there.

As the summer ends, and the fall begins.
There's a whisper of fun on the LOEN winds.

A festival is coming; to celebrate us all.
Come on residents; let's have a ball.

Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-989-8905; advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.



Tim Ziifle

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Dave & Elaine R.

"We really appreciated the direct one-on-one contact you were able to provide to us, along with your outstanding knowledge of the market, how to present the home and your negotiating skills"

Paul & Alinta S.

"It was very important to my wife and I that our agent was available when needed. Tim proved readily available when contacted via telephone and email. Tim also followed up with every agent that showed the house to obtain feedback on a potential sale as well as to obtain advice on how to improve showings."

Christopher & Jenny H.

"I have bought and sold two other homes and Tim is the best realtor I ever had. He is smart and knowledgeable, professional and friendly, and helpful, looks after your interests, is always on time and available by phone or email."

Karl B.

"I am writing to thank you for all your help in successfully marketing & selling our US home as part of my transfer from Houston to Stavanger, Norway. Your professional, no-nonsense approach and sound pre-sale preparatory advice was much appreciated. Your knowledge and ability to navigate the intricate processes of international oil company sale procedures was also very helpful. Your experience and understanding of the north-west Houston market proved valuable in pitching our house appropriately."

Ian W.

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- International Wine Tasting
- Dance exhibitions from around the world,
 - (examples) Irish, Chinese, American, European, East Indian and African
- Games from around the world
 - (examples) Kite Flying, Lawn Croquet, Boomerang and Haggis Tossing.
- Demonstrations and opportunities to participate in customs from around the world
- World artifact display
- Henna Painting
- World Treasure Hunt (For Teenagers)
- Best national costume (For All Family members)



Recipe of the Month:



Can't Stop Cookies

2 cups sugar	½ t. salt
2 cups butter or margarine	2 t. soda
3 cups flour	4 cups corn flakes
2 t. cream of tartar	1 cup chopped pecans

Cream sugar and butter. Add dry ingredients. Then, fold in corn flakes and nuts. Roll into balls and bake at 350° for 10 to 15 minutes.

If you would like to submit YOUR recipe to Lakes on Eldridge email it to dsd1951@mac.com.



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PLEASE NOTE

Landscapers and housekeepers should not have a remote to the community. Their names should be on file with the gate attendants and they should enter via the front entrance gate only. Please help control the access to our community by following these rules.

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Get Into the Swim of Things

Are you ready to take the plunge and try a new fitness activity? How about water exercise? Also known as aquatics, water exercise is one of the best non-impact fitness activities around and just about anybody can participate. Pregnant women, the elderly or overweight, individuals with arthritis or those recovering from an injury can all benefit from the wide variety of aquatics classes currently available.

Get into the swim of things

Here are the facts: The buoyancy of water reduces the "weight" of a person by about 90 percent. This means that the stress on weight-bearing joints, bones and muscles is similarly reduced. For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise, and for those who are new to exercise.

But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

Water works your heart

Aerobic workouts in the pool are perfect for those who find the same movements on land too jarring or painful: running, striding, kicking, leaping and even dancing. Keep in mind that in the water, heart rate will be reduced by as much as 17 beats per minute

when compared to land exercise. That's why it's so important to pay attention to how you feel. Your heart rate might indicate that your intensity is too low when you are actually exercising quite strenuously.



Water adds resistance

The resistance of water is perfect for a strength-training workout - instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you. Other devices, such as hand-held paddles and water chutes can increase the resistance to provide a more intense workout.

The flexible benefits of water

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult

on land. Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

Aquatics 101

Once you've decided to take the plunge, it's simply a matter of finding the right class for you. Check with your health club or YMCA to see if they offer aquatics classes and drop in on one or two to see if they are right for your fitness level. A good class should include a good warm up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and a cool down. The cool down should include plenty of flexibility exercises for the entire body.

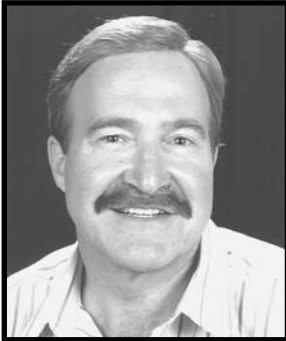
If you have a preference for music, find a class that suits your taste. Don't be afraid to ask about instructor qualifications and safety precautions. Your instructor should be certified and may also have special training in aquatic exercise.

The pool is a fun place to feel like a kid again and get a great workout. In fact, instead of feeling out of breath or exhausted, a water class can leave you feeling surprisingly calm, yet energetic. So, even if you're a dip-your-toe-in-the-water type of person, don't be afraid to take the plunge into water fitness.



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