

City of Wilmington, Mayor Mike Purzycki  
Department of Parks & Recreation, Director Ian R. Smith

# 2023 WHACC Adult Swimming

**Mondays through Fridays**

**9:00 am – 12:00 pm**

**WHACC POOL**

**501 N. Madison Street**

## WHAT YOU DIDN'T KNOW ABOUT SWIMMING

Swimming is excellent cardiovascular exercise that works your entire body. An hour of swimming burns almost as many calories as running, without all the impact on your bones and joints. It increases your heart rate without stressing your body while also building strength and endurance. Swimming may even help reduce some of your pain or improve your recovery from an injury.



**For more information please contact Andre Washington (302) 571-4266  
or email: [AJWashington@WilmingtonDE.gov](mailto:AJWashington@WilmingtonDE.gov)**

"In accordance with Title VII of the Civil Rights Act of 1964, state and federal law, no person or group shall be excluded from participation, denied any benefits, or subjected to discrimination on the basis of race, color, national origin, age, sex, religion, handicap, and/or disability." General complaints or inquiries should be directed to: Affirmative Action Officer (302-576-2460); and, persons with disabilities may contact, 504 Coordinator (302-576-2460), City of Wilmington, Department of Human Resources, 4th Floor, 800 French Street, Wilmington, Delaware 19801. TTY is available at 302-571-4568 or 1-800-232-5460."