

Faculty Staff Fitness - Aquatics

FSF prides itself in our aquatic programming and instructors. We offer programming for any comfort and ability level:

- Aqua Aerobics
- Masters Swim Workout
- Swim Skills Workout
- Swim I/II/Open Swim
- Therapeutic Water Exercise

Visit us at health.oregonstate.edu/fsf to find and register for a class or call/email us at 541-737-3222/pac.fsf@oregonstate.edu



Oregon State University
College of Public Health
and Human Sciences

