

Clams Clams

Presented by H2O Fitness



This class is designed for children who are 2 - 5 year olds. **PARENTS are highly encouraged to participate in class! This way you will know how to reinforce the skills through week. The class is designed for children to start learning the swimming process, including safety while having fun.**

Start Date: July 11 th - August 8 th
Where: Glenwood Swimming Pool
Time: 9:15am - 9:45am
Fee: **Member Fee \$50.00 - Non Member Fee \$75.00**

Make checks payable to H2O Fitness and mail to 13820 Vintage Lane * Silver Spring, Md. 20906. Questions call Peggy or Holly at 301-603-1328. Email Peggy at browsers4@aol.com or Holly at H20Fitness_Holly@yahoo.com.

.....Cut here and mail bottom portion only.....

Parents Name _____ Child's name _____

Age _____ Sex F ___ M ___ Phone# _____

Address _____ Email _____

Member ___ Non Member ___

Is your child comfortable in the water? _____

Swimming diapers and rubber diaper on top are required if not potty trained.

