

Sand Dollars

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Presented by H2O Fitness



This class is designed for babies 6 months - 2 years old. It is a **PARENT ASSIST CLASS!** Children will have fun and become comfortable in the water. It will educate parents concerning safety procedures and aquatic teaching techniques. It will include learning how to hold their child in the water and basic swimming techniques.

Start Date: July 11th - August 8th
Where: Glenwood Swimming Pool
Time: 8:30am - 9:00am
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 H2OFitness_Holly@yahoo.com.

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

Parents Name _____ Child's name _____

Age _____ Sex M ___ F ___ Phone# _____

Address _____ Email _____

Member ___ Non Member ___

Is your child comfortable in water? _____

Swimming diapers and rubber diaper on top are required.

