

Sand Dollars Sand Dollars

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 10th – August 7th, 2011
 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 at 301-603-1328 office or 301-642-1674 cell. Email Peggy at browsers4@aol.com

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

Parents Name _____ Child's name _____

Age _____ Sex F M Phone# _____

Address _____ Email: _____

Member _____ Non Member _____ Is Child comfortable in the water? _____

Swimming diapers and rubber diaper on top are required.

