

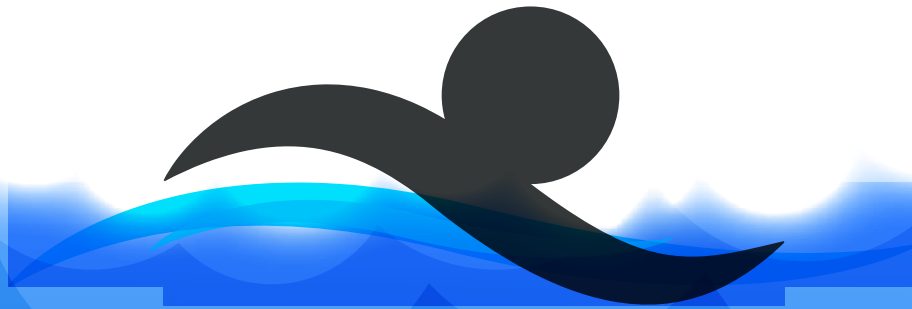
OPEN to
the Public!

HOPEFitness

Making Fitness Accessible for ALL Abilities

ALL
Levels & Ages
Welcome

Private & Semi Private **Swim Lessons** for **ALL Abilities!**



Develop Water Safety Skills
Increase Range of Motion
Increase Motor Skills
Build Muscle Tone & Strength
Increase Balance & Coordination
Self Direction OK
Program is weekdays
Central Nassau County
Lessons are 30 minutes

Space is Limited MUST RSVP to Info@HOPEFitness.org or call 1(877) 396-HOPE (4673)
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