

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  
Program is weekdays  
Central Nassau County  
Lessons are 30 minutes

**\$75 Per Lesson | \$700 for 10 Lessons** (Must Be Pre-Paid)

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

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[www.HOPEFitness.org](http://www.HOPEFitness.org)

