

HOPEFitness

Making Fitness Accessible for ALL Abilities

Swim (1 on 1) Lessons

One-on-One Lessons that Focus on Safety, Strength, and Smiles

- **Develop Water Safety Skills**
- **Increase Range of Motion**
- **Increase Motor Skills**
- **Increase Muscle Tone**
- **Increase Strength**

*Lessons are 30 minutes
Weekdays only ~ Nassau County*



ALL AGES & LEVELS WELCOME!

REGISTER AT:

WWW.HOPEFITNESS.ORG/REGISTER

OR CALL (877) 396-HOPE

\$75.00 PER LESSON/\$700.00 FOR 10 LESSONS

WWW.HOPEFITNESS.ORG ~ INFO@HOPEFITNESS.ORG

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