

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

Build confidence and stay safe in the water.



INCREASE RANGE OF MOTION

Improve flexibility and movement in the water.



INCREASE MOTOR SKILLS

Strengthen coordination and motor development.



INCREASE MUSCLE TONE

Build stronger muscles through low-impact exercise.



INCREASE STRENGTH

Improve endurance and overall physical strength.



ALL AGES & LEVELS WELCOME!



LESSONS ARE 30 MINUTES



**REGISTER AT:
WWW.HOPEFITNESS.ORG/REGISTER
OR CALL (877) 396-HOPE**



**\$85.00
PER LESSON**



**\$800.00
FOR 10 LESSONS
(PRE-PAID)**



WWW.HOPEFITNESS.ORG



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**NASSAU COUNTY
LOCATION**



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