

Need a break from working at home?

Never learned how to swim?

Need some exercise?

Ann's Aquatics is pleased to announce:

Adult Exercise Classes

Monday, Tuesday, Wednesday, Thursday and Friday

at Chevy Chase Pavilion

January 4th - February 5th

February 8th – March 26th

5 weeks for \$150

2x per week for \$250

12:00 – 1:00 p.m.



12:00

Ann's Dancing

Dolphins:

This class will be an instructional water aerobics exercise with props. **(Tuesdays and Thursdays)**



12:00

Ann's Lapping

Lobsters:

For lap swimmers. Perfect your racing strokes, use swim team equipment, and build up your endurance. **(Mondays)**



12:00

Ann's Cautious Crabs:

For beginners and advanced beginners who need the basics to become more comfortable in the water and swim some strokes. **(Wednesdays and Fridays)**

Registration will begin Tuesday, November 24th at 10am.

Enrollment is limited. Call (301) 230-2426.

Registration is through email only at Annsaquatics@gmail.com

Visit us at www.Annsaquatics.com

NO REFUNDS, SUBSTITUTIONS, EXTENSIONS OR CREDITS