

**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, Thursday and Friday  
at Chevy Chase Pavilion  
September 21<sup>st</sup> - October 30<sup>th</sup>  
November 9<sup>th</sup> – December 18<sup>th</sup>  
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. **(Fridays)**

**Registration will begin Thursday, August 20th at 10am  
Enrollment is limited. Call (301) 230-2426.  
Registration is through email only at [Annsaquatics@gmail.com](mailto:Annsaquatics@gmail.com)**

Visit us at [www.Annsaquatics.com](http://www.Annsaquatics.com)  
NO REFUNDS, SUBSTITUTIONS, EXTENSIONS OR CREDITS