

# CJO SMILES AQUATICS

## @ HIGHLAND CREEK (PROSPERITY POOL)

Tuesday and Wednesday. 8:00pm-9:00pm. \$6 per class OR

\$35 for the month of June and July

June 5, 6

July 10, 11

June 12,13

July 17, 18

June 19

July 24, 25

June 26,27

July 31

SPLASHES! (please **wear a swim cap**. Your hair will get wet. You don't have to swim.)

FUN! We are blending good music with laughter and a couple of games.

FIT! Muscles tone from water's resistance. Lose inches!!!

**Water Fitness for all levels and abilities. Tell your friends and have a Blast!**

Contact: CYNTHIA, [cjosmiles@gmail.com](mailto:cjosmiles@gmail.com). 704.516.5978. CASH OR CHECK @ POOL.