

# AQUATIC BOOT CAMP!



Want to get in shape for  
upcoming swim suit  
weather?

Bored with normal workout  
routines?

Then train like a U.S. Army  
Deep Sea Diver!

Knights of Columbus pool in Dallas, Texas is excited to offer a new class that will put teens/adults through a high intensity workout! Each individual will be challenged to push themselves in and out of the water. The class will become more difficult as the course progresses. Come prepared to sweat and get a great work out - **Hooyah!**

**Please visit [Aquaticbootcamp.com](http://Aquaticbootcamp.com) for  
class dates and more information.**

