

H2O Fitness and More

WATER FITNESS CLASSES

Summer Session (June 17–July 8, 2025)***

Wheaton-Glenmont Outdoor Pool

Location: Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool
12621 Dalewood Drive, Wheaton • 301-929-5460

Registration Begins: Tuesday, May 13 at 6:30 am (in person and [online](#))

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-5398	6/17/2025 – 7/8/2025*	10:20am – 11:10am	Tu & Th**	Wheaton-Glenmont Outdoor Pool	Teresa

*Holiday: No class on 6/19

**Two classes per week (Tuesday & Thursday) for one course

***Note: A second summer session at Wheaton-Glenmont Outdoor Pool is scheduled (see below).

Class Type	Activity #	Dates	Time	Day	Location	Instructor
Deep Water Running <i>(Deep Water; Flotation Belt Required)</i>	R01008-5399	Dates TBD	10:20am – 11:10am	Tu & Th**	Wheaton-Glenmont Outdoor Pool	Teresa

Questions? Email Teresa at tsshelton100@yahoo.com

To see all H2O Fitness and More locations, schedules, and class descriptions, scan the QR code or visit h2ofitnessandmore.com

