



**Atlantic Edge Dive Center
Training Department
Dive Training Facility Information Sheet**

Health Unlimited—Mt. Airy



SUNDAY SCHEDULE:

8:00—Instructor arrives w/ truck; DMs Arrive
8:30—students arrive
9:00-10:30—Fitness Pool (shallow water only)
10:30-1:00 Lap Pool (deep water only)
1:00—Pool Over, Pack truck
1:00-5:00— Classroom

**Health Unlimited
Family Fitness and
Aquatic Center
103 Century Drive
Mt. Airy, MD**

www.myhealthunlimited.com

301-829-9730