

SWIMMING SAVES LIVES

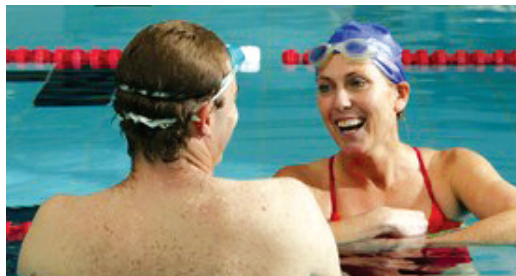
Adult Learn to Swim Lessons



If you can swim the length of the pool, but have never had a swim lesson, or it's been years and you'd like to learn correct stroke technique and how to breathe, this class is for you!

We are proud to be partnering with The Swimming Saves Lives Foundation in bringing you **FREE** Adult Group Swim Lessons this winter and you can choose between 2 class times!

Maximum Participants: 6 - Call today to reserve your spot!



Wednesday's, Oct. 4 - Nov. 8

Beginners - 6:00-6:30pm

Intermediates - 6:30-7:00pm

Lesson are free, participants are required to join United States Masters Swimming
(for new members there is a one time 30 day free trial)

FREE

Instructor: Janis La Baron • Pre-registration Required • Sign up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE
SWIMMING
HOLE