

Intro to **MASTERS** **SWIMMING**



Want to have enjoy all the fun and great benefits of masters swimming, but are nervous about getting started?

We've got the intro for you to help you...

Improve your technique • Learn how to read and follow a workout
Learn a more efficient turn • Get in better shape

Monday's, 7:00-7:45am
August 28 - October 9

(NO class Labor Day, September 4, 2017)

Coach: Rachel Haskins
\$70 members / \$95 nonmembers
Limited to 10 • 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