

# April is National Adult LEARN TO SWIM MONTH

We have **FREE** swim lessons to help you get in the water!



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!

Sign up for our **FREE** Adult Group Swim Lessons in April!  
**Space Limited! Secure your spot, TODAY!**



**Sundays, 9:00-9:30am • April 1 - 29** Instructor Marissa

**Sundays, 9:30-10:00am • April 1 - 29** Instructor Marissa

**Mondays, 5:30-6:00pm • April 2 - 30** Instructor Marissa

**Wednesdays, 5:30-6:00pm • April 4 - May 2** Instructor Marissa

All Learn to Swim participants are required to be 2018 members of USMS (United States Masters Swimming)

One time free 30 day Trial membership available or

Sign up for USMS Online at [http://www.usms.org/content/join\\_or\\_renew](http://www.usms.org/content/join_or_renew)

Cost \$48 (When registering club name is New England)

**Pre-registration Required**  
**Sign up at the Front Desk**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

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

THE  
SWIMMING  
HOLE