

# Swimming SAVES LIVES

**FREE Adult Learn to Swim Lessons**



Are you a Beginner swimmer? Can you swim, but get breathless?  
Do you want to improve your technique? Adult group swim lessons can help you!



**Mondays, 5:00-5:30pm • May 7 - June 18**  
**Mondays, 5:30-6:00pm • May 7 - June 18**  
**Wednesdays, 5:00-5:30pm • May 9 - June 13**  
**Wednesdays, 5:30-6:00pm • May 9 - June 13**

*(Monday Classes - No class Memorial Day 5/28)*

**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 • Instructor: Marissa**

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