

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 • July 30 - August 27

Mondays, 5:30-6:00pm • July 30 - August 27

Wednesdays, 5:00-5:30pm • August 1 - 29

Wednesdays, 5:30-6:00pm • August 1 - 29

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

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

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

THE
SWIMMING
HOLE