

Lap & Triathlon SWIMMING CLASS



Want to swim faster and more efficiently for lap swimming or in preparation of an upcoming Triathlon?

This class focuses on helping you reduce drag and increase propulsion allowing you to gain more distance per stroke and more speed using correct swimming technique. Perfect for lap swimmers and those who would like to gain more out of their swim workouts.

Mondays • 5:45-6:15pm May 6 - June 10

No Class Memorial Day Monday, 5/27

Pre-registration Required

Cost: Members: \$65 • Nonmembers: \$85

Instructor: Nick Oliveri, Nationally certified swim instructor

To sign up: Call or stop by TSH

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.

