

Speed Booster **FREESTYLE CLASS**



Want a faster freestyle and turn?

Join us for our NEW 5 week Faster Freestyle Clinic with Swim technician Nick Oliveri. You'll learn how to increase propulsion and reduce resistance allowing you to slip through the water faster and with more ease!

Tuesdays • 5:45-6:30pm
June 18 - July 16

Pre-registration Required

Cost: Members: \$75 • Nonmembers: \$95

Instructor: Nick Oliveri, Swim Technician Specialist

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.

