

MERMAID CLASSES



Come & learn the safe way to swim like a mermaid!

Imagine! You, swimming with the ease and grace of a seal! Your body as one fluid muscle, gliding through the three dimensions of underwater. Come and learn the safe way to swim like a mermaid, from Red Cross certified instructors and lifeguards. The giggles and glow of enormous fun await you! A terrific way to strengthen your core!

Wednesdays • 4:00-5:00pm
September 11, 18, 25 & Oct 2

Instructor: Elaine Fortin • Where: Pool • Min: 4 - Max: 6 Students
\$120 members / \$150 nonmembers

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