

LAP

Sign-up Today!

SWIMMING



Come join Charlotte Brynn to learn drills to help you improve your swim technique!

LEARN

How to read/follow a swim workout

Drills to improve your stroke

Strategies to boost your cardiovascular fitness and caloric burn

How make your swim sessions more challenging and more fun!

PREREQUISITE: Continuously swim 100 meters (*2 laps of the pool*)

Thursday's • 5:00-5:45pm
April 2 – May 7

Member: \$75 / Nonmember: \$95 • Sign-up at the Front Desk

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