

TSH SWIM CLASS

Learn to Swim

FREE

TUESDAY'S, JAN. 3-24
5:00-5:30PM

If you've experienced anxiety in and around the water and would like to overcome your fear of learning to swim, or have never had a swim lesson and would like to learn to swim this class is for you. This class will help you establish a positive relationship with the water, submerge, and learn to float.

- Don't be left watching from the poolside
- Learn relaxation techniques to help overcome your fear
- Meet fellow swimmers learning to swim
- Small Class size for individual feedback

Signup online, call, or sign up in person

Instructor: Seth Irwin

Cost: FREE to Vermonters who have not had the opportunity to learn to swim.

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