

# LAP SWIM

## Technique Class



**TUESDAYS, OCT. 3-24**  
**7:30-8:15AM**

If you're a Lap Swimmer who'd like to swim faster, more efficiently, and with happy shoulders sign up for this class. You'll learn to swim with more ease & speed. Small class sized, individual feedback, and fun.

**Instructor: Charlotte Brynn • Max 6pp**

**Cost: \$115 member / \$140 nonmember**

### **HOW TO ENROLL**

- 1. Sign-up at TSH Online Store**
- 2. TSH Front Desk**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

