

# SWIMMING SAVES LIVES

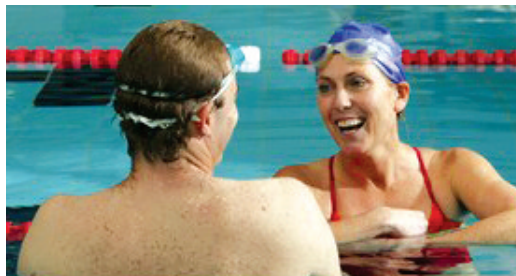
## Adult Learn to Swim Lessons



If you can swim the length of the pool, but have never had a swim lesson, or it's been years and you'd like to learn correct stroke technique and how to breathe, this class is for you!

We are proud to be partnering with The Swimming Saves Lives Foundation in bringing you **FREE** Adult Group Swim Lessons this winter and you can choose between 2 class times!

**Maximum Participants: 6 - Call today to reserve your spot!**



**Wednesdays, 6:00-6:30pm • March 8 - April 12**

**OR**

**Fridays, 8:30-9:00am • March 10 - April 14**

Lesson are free, participants are required to join United States Masters Swimming  
(for new members there is a one time 30 day free trial)

**FREE**

Instructor: Wednesdays, Janis La Baron & Fridays, Danielle Dollisie  
Pre-registration Required • Sign up at the 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.

THE  
SWIMMING  
HOLE