

April is Vermont Adult LEARN TO SWIM MONTH

Swim for Fun • Swim for Fitness • Swim for Wellness



TSH is partnering with the Swimming Saves Lives Foundation to bring **FREE** Adult group swim lessons to The Swimming Hole this April.

Space Limited! Secure your spot, TODAY!

TSH Adult Swim Week: Beginner & Intermediate Adult Swim lessons

Mon., April 22 - Fri., April 26 • 5:00-5:30pm

Five consecutive days for you to learn to swim and/or improve your swim technique!

Must be 2019 members of USMS to be eligible for FREE lessons.
(one time free 30 day trial USMS membership available)

Pre-registration Required

Instructor: Charlotte Brynn & Cynthia Needham

To sign up: Call or stop by TSH