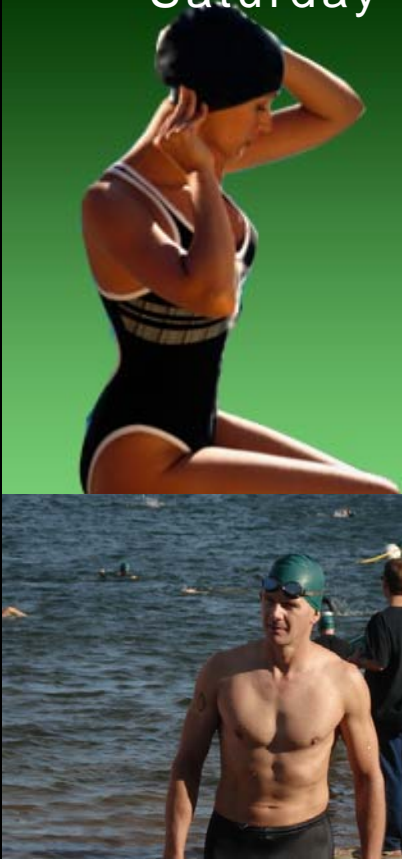


DSF MASTER SWIM CLASSES

Mon & Wed 5:00pm – 6:00pm
Tues & Thurs 5:45am – 6:45am
Saturday Mornings – Open Swim



AQUAMONSTERS BEGIN IN MARCH 2010



Our coaches have many years of experience and compete in triathlons throughout the year, they are here to help you with your swimming techniques and goals. Holly coaches on Monday evenings and Curtis is on deck on Wednesday nights. You can find Ross in the early morning hours, motivating the EARYBIRD swimmers at 5:45am ~ as well as his amazing daily workouts that are posted on the bulletin boards by the pool deck.

Saturday mornings are open for free swim and you will most likely have one or all three coaches available. You don't have to be an expert swimmer to attend any of the classes, the coaches are there to MOTIVATE AND BE YOUR FRIEND in the water... Train for a Triathlon... Do an Iron Man... Work on your Stroke... Flip Turns... Breathe like a Fish.....

DSF Sponsored Teams: Mad Cows <http://madcowsracing.org/>

