



# COME TO OUR INFO & FREE PRACTICE DAYS

## U.S. Masters Swimming Information Session Dates:

- **Wednesday, October 13<sup>th</sup>** at 6:30 PM - Swim 7:00 - 8:00 PM
- **Wednesday, October 27<sup>th</sup>** at 6:30 PM - Swim 7:00 - 8:00 PM
- **Location:** Donald E. Young Center 1625 St. Joe St., Spearfish, SD, 57783
- If you can swim a length of the pool, we can help you improve your stroke & build up your swimming strength & endurance.

Contact: Coach Christine Maki

christine\_dahlstrom@yahoo.com OR text/call (626) 641-5680



## Adult Swimming Program

**- Program Starts Monday, November 1, 2021**

**- Fitness: Start Your Swimming Fitness Workouts & Try USMS Fitness Events**

**- Triathletes: NOW Is the Time to Work on Your Swimming**

## COMPETITIVE TRI-SWIM MASTERS

**Black Hills State University  
1625 St Joe St.  
Spearfish, SD  
57783**