



## Join the Dynoswim Masters Swim Team in Palm Coast, Florida

### All levels of swimming abilities

- Ex-collegiate swimmers
- Fitness swimmers
- Triathletes
- Beginners

Practices are designed to teach/encourage stroke technique and build strength.

*Where do we swim?* April through October\*: Frieda Zamba Pool (located between Buddy Taylor Middle School and Wadsworth Elementary School off of Belle Terre Pkwy)

November\* through March: Belle Terre Swim and Racquet Club Pool (located at the end of Patricia Drive – turn onto Parkview next to Wadsworth Elementary School off of Belle Terre Pkwy and go about 0.6 mile and turn left onto Patricia)

\*We will swim at Frieda Zamba until they close due to cold water.

*When do we swim?* April through October:  
Monday, Tuesday, and Friday 6-7:45 p.m.  
Saturday 11 a.m. - 12:45 p.m.

November through March:  
Monday and Wednesday 5:45 -7:15 p.m.  
Saturday 11 a.m. - 12:45 p.m.

*Who do I contact?* Dean Osterloh (386-846-3704) - Coach  
Sheryl Watkins (386-447-5720) - Captain  
Or just stop by Frieda Zamba during any workout session.

*What do I pay?* No Coaches fees.  
Frieda Zamba: Current pool fees are \$1/practice  
Belle Terre Membership: Approx. \$26/month. November – December:  
\$52 (Note: fees for January through March will be posted later this year)  
Annual USMS and LMSC fees: \$28

*What is expected?* Commitment to swim in at least 5 practices per month

More information about the Dynoswim team and swimming can be found at  
[www.dynoswim.com](http://www.dynoswim.com)