



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