



Have fun and make new friends!

Practice Times

Monday 6:30am and 8am

Wed 6:30am and 8am

Friday 6:30am and 8am

*Open to men and women all ages 18-80 +

Program focuses on training and stroke improvement.

We have beginners wanting to increase their health and fitness levels, tri-athletes, and competitive swimmers both pool and open water.

Workouts are designed to cater to all levels from novice to elite.

Costs: Annual USMS insurance/registration \$44 www.usms.org/reg

Choose **Gold Coast** as team and print a copy to bring with you.

Monthly Dues \$60

Pack of 10 workouts \$60

Come try a workout for free before you decide to join. Make new friends, feel great and be in the best shape of your life.

Contact us if you have questions: sararose616@live.com

This program is open to the public. In accordance with the Americans with Disabilities Act of 1990, all persons who are disabled and who need special accommodations to participate in this program because of that disability should contact the ADA Coordinator at ADA@islamorada.fl.us or 305-664-6448 at least 48 hours before the scheduled event.