



# SDMS

SOUTH DES MOINES SWIMMING

# CLUB SWIMMING INFORMATION

## SDMS SEAHAWKS SWIM PROGRAMS

EXCLUSIVE TO SOUTH DSM, NORWALK, CARLISLE

TAILORED: Ability-specific swim programs and practices

COACHES: Great coach-to-swimmer ratio

TEAM: Join friends in a fun, team-building sport



### CHOOSE A PROGRAM

#### COMPETITIVE TEAM

FOR AGES 5-18

##### SEASON DATES

- June 6-July 26

##### PRACTICE LEVELS

- Novice, Intermediate & Advanced

##### PRACTICE INFORMATION

- Choose Mornings or Evenings
  - 4 times per week for Nov. or Int.
  - 5 times per week for Advanced
- Times vary based on practice level
- Practices held at Lincoln High School

##### COST

- \$150/swimmer for Novice or Intermediate
- \$180/swimmer for Advanced



#### FREE TEAM T-SHIRT

#### SWIM LESSONS

FOR AGES 3-9

##### SESSION DATES

- May 2-19 (Spring)
- June 7-23 (Summer #1)
- July 5-21 (Summer #2)

##### LESSONS LEVELS

- Goldfish, Sting Ray and Dolphin

##### LESSONS INFORMATION

- 3 times per week for three weeks
- Choose Mornings or Evenings for summer
- In-water instructors
- Lessons held at Lincoln High School

##### COST

- \$45/swimmer



#### LEARN SWIM SKILLS

## REGISTER NOW

[www.shop.southdmswimming.com](http://www.shop.southdmswimming.com)



| We're social!

## LEARN MORE ABOUT SDMS

SDMS is a registered 501c3 non-profit organization and LHS swimming booster.

Visit [www.southdmswimming.com](http://www.southdmswimming.com) to read the SDMS mission statement, meet our staff and see other general information.