



# Adult Fitness Swimmers...

SAVE THE DATE!

**Saturday, June 17<sup>th</sup>**

**8am-11am** (check in to pool as usual for practice)

**Simpkins Family Swim Center**

**Adult Fitness Mini-Swim Meet!** There will be 25's, 50's, 100's of all strokes, possibly a 200 IM and relays. The theme will be "FUN". We will use the deep-end lanes so there will be no practice June 17th.

- Come challenge yourself to get up on the blocks and try your best!
- Find out your time so you can beat it next year!
- Get to know your fellow swimmers better!
- Have fun and celebrate your physical fitness!

Make sure you are signed up with Adult Fitness list-serve to get updates

Sign-up details coming soon!

Questions? Want to help plan? E-mail [rebeccacontin@gmail.com](mailto:rebeccacontin@gmail.com)

