



***Done swimming lessons? Here's what's next!***  
**Jump into competitive swimming with DMSF.**

- Training groups available for ages 6 and up
- Learn freestyle, backstroke, breaststroke and butterfly
- Make great friends as you learn to swim fast
- Practices held at Valley High School, West Des Moines



**Sign up now for a no-obligation two-week trial!**

Email [join@desmoinesswim.org](mailto:join@desmoinesswim.org).

Or sign up online at [www.desmoinesswim.org](http://www.desmoinesswim.org)

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