



Diversity in Aquatics Masters Swim Club Wolk Park Pool

1080 NW 42nd Way, Lauderhill, FL 33313

Starting: Saturday, May 6, 2017

Saturdays, 12:00pm - 2:00pm
FREE FOR MONTH OF MAY

- 12:00 Shallow Water Run Training + Float & Stroke
- 12:30 Introduction to Deep Water Running
- 1:00 Beginners/Intermediate - Masters Swim Practice

First Time Participants will complete a City of Lauderhill Waiver, and US Master Swimming - Guest Membership form, so arrive early. Current members of US Masters Swimming, present card to pool staff.

Participants and their family members are welcome to stay during session or after 2:00pm; just pay regular entrance fee, and continue to swim until 4:45pm (pool closes at 5:00pm).

Children under 8 years of age, must be accompanied by an adult - 18 or over, and must be kept within arms length at all times.

