



Time to make waves! Jump into competitive swimming with DMSF.

Des Moines Swimming Federation helps kids of all ages and abilities train to be great swimmers. It is a community that loves swimming and helping kids reach their potential in this fun and healthy sport.

- Learn and improve the four competitive swim strokes: freestyle, backstroke, breaststroke and butterfly
- Training groups available for ages 7 and up, including coaching for kids who want to swim in high school
- Make great friends as you learn to swim fast!
- DMSF's home pool is Valley High School in West Des Moines, but swimmers join the team from all around the Metro.



Register now for the spring & summer season!

Email join@desmoinesswim.org for more information.
Or sign up online at www.desmoinesswim.org

Give the team a tryout! Jump in the pool with us on March 27 or 28 at a "Meet Team DSMF" session. Email join@desmoinesswim.org for info!

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