



# DST MASTERS SWIMMING

## At New Castle & Pike Creek

The DST Masters Program is designed for triathletes, fitness swimmers, and competitive swimmers of ALL ability levels. Practices are offered 9 times a week...come to as many or as few as you choose! No fewer than 5 practices per week will be professionally coached by DST Coach Bruce Gemmell. Bruce is a USA National Team Coach and is Level 4 ASCA certified. The remaining practices will be "swimmer /coach in the water, or self-coached."

### Fall Practice Schedule

(Subject to change based upon enrollment and swimmer demand)

Monday	12:00-1:30 PM	Pike Creek	Self-Coached or In-Water Coaching
Monday	6:30-8:00 PM	New Castle	Coach Bruce
Tuesday	5:30-7:00 AM	New Castle	Coach Bruce
Wednesday	5:30-7:00 AM	Pike Creek	Self-Coached or In-Water Coaching
Wednesday	12:00-1:30 PM	New Castle	Coach Bruce
Wednesday	6:30-8:00 PM	New Castle	Self-Coached or In-Water Coaching
Thursday	5:30-7:00 AM	New Castle	Coach Bruce
Thursday	8:00-9:00 AM	Pike Creek	Self-Coached or In-Water Coaching
Friday	12:00-1:30 PM	New Castle	Coach Bruce

Session Dates: September 12th—December 14th

Cost: \$150 per session



For additional information, check the web at [www.delawareswimteam.com](http://www.delawareswimteam.com)

or

contact Coach Bruce at [coachgemmell@comcast.net](mailto:coachgemmell@comcast.net)