



DALLAS AQUATIC MASTERS

The Race Club Camp

Islamorada, Florida
(Florida Keys)

APRIL 22-26, 2010

Swim Faster & Stronger!

Dallas Aquatic Masters members—join Jim Montgomery in the Florida Keys for a unique swimming experience at this camp specifically for DAM members. The camp will include **6 sessions** over **3 days** providing innovative training methods that will test your stamina and speed.

- Stroke Technique
- Nutrition
- Strength Training
- Mental Training
- Recovery
- And More!

Only
\$600*



Founders Park Pool

For more information on The Race Club
visit www.theraceclub.net

*Airfare, hotel and transportation not included.

Hotel Accommodations & Information:



www.opsuites.com



\$125
1 BR/1 Bath
Per Night
(plus tax)

\$135
2 BR/2 Bath
Per Night
(plus tax)

(One night deposit due at registration)

Please call Kara Wedow at DAM to sign up!
Space is limited.

214-219-2300

kara@damswim.com