



**ARE YOU AND YOUR TEAM TIRED OF BEING SHOVED  
IN TO 2 LANES IN A BEAT UP OLD POOL DURING  
YOUR WINTER TRAINING TRIP?**

**TRY SUNRISE INSTEAD! THERE ARE STILL A FEW  
PRIME SLOTS LEFT FOR THIS WINTER**

**FOR ONLY \$6 PER SWIMMER/DAY YOU CAN TRAIN  
DOUBLES IN SUNNY FORT LAUDERDALE AND STILL  
BE JUST MINUTES FROM THE BEACH!**

**PLEASE VISIT [SUNRISESWIMMING.COM](http://SUNRISESWIMMING.COM) OR CALL  
COACH DAVE:**

**954 478-7946**