



**Can you swim?
Do you like to compete?
Come try out for the DotHouse Health
Stingrays swim team!!!!**

When: Practices Time and Date
Monday-Friday and Saturday
Mon-Thurs 4-7:30pm Sat 10am-1:30

Where: DOT House Health Pool
1353 Dorchester Avenue

Try out Requirements: Each swimmer must be able to swim 25 yards and swim two of the four swim strokes. (Butterfly, Backstroke, Breaststroke and freestyle)

For more information or to try out for the swim team, contact **Head Coach Dirk** at **(617) 740-2234** or email DH.Stingrays@dorchesterhouse.org