



**2017**  
**SEA DEVIL SWIMMING SUMMER  
MASTERS AT SIDEBURN RUN**

Registration is Open

There's nothing like the smell of chlorine  
first thing in the morning!

Sea Devil Swimming invites you to jump on in with our masters group. All levels of experience are welcome. Erin Rider, our masters coach, will provide workouts for your individual goals – whether to maintain/improve fitness, train for a triathlon, or just to show your kids that you can still do a flip-turn! For more information contact the SDS Team Administrator, Melanie McKula at [admin@seadevils.org](mailto:admin@seadevils.org).



**Sideburn Run  
Recreation  
Association Pool  
10603 Zion Dr  
Fairfax**

**June 12-July 27,  
2017**

**Mon, Wed, Thurs  
5:30-7:00 am**

**Cost: \$200**

**Training options  
for beginning and  
experienced  
masters  
swimmers**

**SEA DEVIL  
SWIMMING**

PO Box 650070  
Potomac Falls, VA 20165

[www.seadevils.org](http://www.seadevils.org)