

# CCiST Friend Day

Swim for Fun, Swim for Friendship, Swim for Fulfillment

*You are welcome to bring your friend to join CCiST practice to show them how fast you swim, how hard you work, and how fun swimming can be!*

*What: Learn techniques, Challenge easy workouts, Play Fun Games with Your Friends*

*When: 10:00-12:00 AM (or 1 more hour) on Saturday, October 3<sup>rd</sup>, 2009*

*Where: IU Outdoor Pool*

