



**U.S. MASTERS  
SWIMMING**

**Heartland Swim Association  
Masters Team (HSAM)**

**COME JOIN US!**

We are a Masters Swim team for ages 19 and above. We focus on all skill levels from beginners to top level competitors.

Whether you are a competitive pool swimmer, open water swimmer, tri-athlete, or just want to exercise for health, we offer a wide range of fun & challenging workouts for your swimming abilities and needs.

**Ask about our free trial period!**

**When:** Monday – Friday 5:15-6:30 AM Yes! In the morning.  
Then you can enjoy the rest of your day!

**Where:** Grossmont High School 1100 Murray Dr. El Cajon, 92020  
(pool is in the back of school. Park on Dennstedt Pl.)

Coach Krissy Payton

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