



DART-Solano Adult Fitness Swimming

We are offering adult fitness swimming in Fairfield starting in November.

The program will offer up to three workout times per week. The workouts are currently self-coached -we will not be providing coached practices. A coach is on deck at all times.

A monthly calendar will be posted on our website with available fitness times. These are typically:

Tue/Thu 5:30-7:00 am and 4:15-6:15 pm
Sat 8:00-10:00 am

Cost \$35 per month (starting in December)

November Schedule and Information

November is our kick-off month. Dues are FREE (swimmers MUST register.) Designated lanes will be available for swimmers.

[November Schedule](#)

Freestyle Clinic

November 19

[Signup Link](#)

Registration

All participants **MUST** be registered with US Masters Swimming and our program.

Go to www.sasoswimming.org to register for the team. You should register for the Masters Swim group.

Go to [Join or Renew | U.S. Masters Swimming \(usms.org\)](http://Join or Renew | U.S. Masters Swimming (usms.org)) to register with US Masters.

Drop-In and Tryout Swimming

Swimmers are invited to try our program on a drop-in basis. To drop-in (swimmers not registered with our program) you will need to email dartsolanoswim@gmail.com with the day and time you would like to attend.

Individuals will receive a confirmation email-required to attend.

For more information, you can go to www.sasoswimming.org.