

Windyrush Masters Swimming
Head Dolphins Coach - Kenan Dean

What We Offer:

- A structured group and coaching setting for adult lap swim.
- We accommodate to all wants and needs whether it is learning better technique, wanting to get a good workout in or simply for the fun of swimming and working out in a group setting.
- Group Masters Swimming is offered 4 days a week (M-T-Th-F) from 6:30am - 8:00am and is \$40 per month.

Why Join Masters Swimming at Windyrush?

- As all adults and parents know group settings foster motivation, accountability, and camaraderie. This makes it significantly easier to stay consistent and to push personal limits when working out or trying to achieve anything in life.
- Masters swimming is a great way to stay fit, improve your technique, and challenge yourself in a supportive, structured environment. It offers a welcoming community for swimmers of all levels, from beginners to former competitive athletes.
- Whether you're training for fitness, competition, or fun, swimming in Windyrush master's group with a knowledgeable coach and a set structure can elevate your swimming (and your day!).

Who Can Join?

- Adults over the age of 18. **ALL Skill Levels are welcome!!!!**

What to Bring!

- Swimsuit, Goggles, Swim Cap (Optional), Towel

Questions or Ready to Dive Right in?

- Contact: Kenan Dean
- Email: Kenandean03@gmail.com
- Phone #: 704-502-1296
- Website: <https://windyrush.com>

Important Information

Days: Monday / Tuesday / Thursday / Friday

Time: 6:30am - 8:00am

\$40 per month - Unlimited Swimming with group