

Meet the Coaches!

Chris Klinkow



Coach Klink started swimming competitively at a very young age. He then proceeded into the national organization, U.S.S. (currently U.S.A swimming) where he swam for R.A.C. and then M.V.P. (now Magnus Aquatic Group). He was an Age Group and Senior championship meet finalist, he was an all-state swimmer in CT, and placed top two in events swum at N.H. He attended Wheaton College in Norton MA. where he swam all four years and was elected Captain.

Chris began working for DHAC in 2010. Aside from being Head coach of The DHAC Hydras, he is Co-director of Aquatics, Club management, as well as a Learn to swim instructor. Swimming is and always has been a passion of Coach Klink's.

Mike Moses



Coach Moses has been a Head Instructor at DHAC for 5 years. Aside from being a familiar face to the successful aquatics programs offered at DHAC, he is a strong motivator with a diverse background in competitive sports. His extensive experience as a Learn to swim instructor and his natural charisma make Coach Moses a valuable asset to the Hydras competitive program.

**Dedham Health and Athletic Complex
200 Providence Highway
Dedham, Ma 02026**

Swim Team



Winter Suburban Swim League

**Dedham Health and Athletic Complex
200 Providence Highway
Dedham, Ma 02026**

E-mail: Hydras@dedhamhealth.com

**Pre-season practices
Starting April 24th!**

Currently Enrolling!

Age Groups

Group A - 8 years & Under

Group B - 9 & 10 years

Group C - 11 & 12 years

Group D - 12 - 18 years



Benefits of Being a Hydra

The Dedham Health & Athletic Complex will provide an ideal competitive swimming program for creating opportunity to all ages and abilities through structured and professional instruction. Our goal is to become a developmental program that strives to create fast swimmers.

The DHAC Hydra swim team's philosophy is to create strong people in, as well as out of the water. We instill self-esteem, good sportsmanship, teamwork and individual hard work in a fun, yet competitive environment.

Our coaches, unlike most, will get in the water with your children to further explain swimming. Learning by example is the best way for your kids to become better swimmers.

Schedule and Pricing

All practices are offered 6 days A week.
Please see insert for pricing and a full schedule.

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**Call for more
information!**

781-326-2900