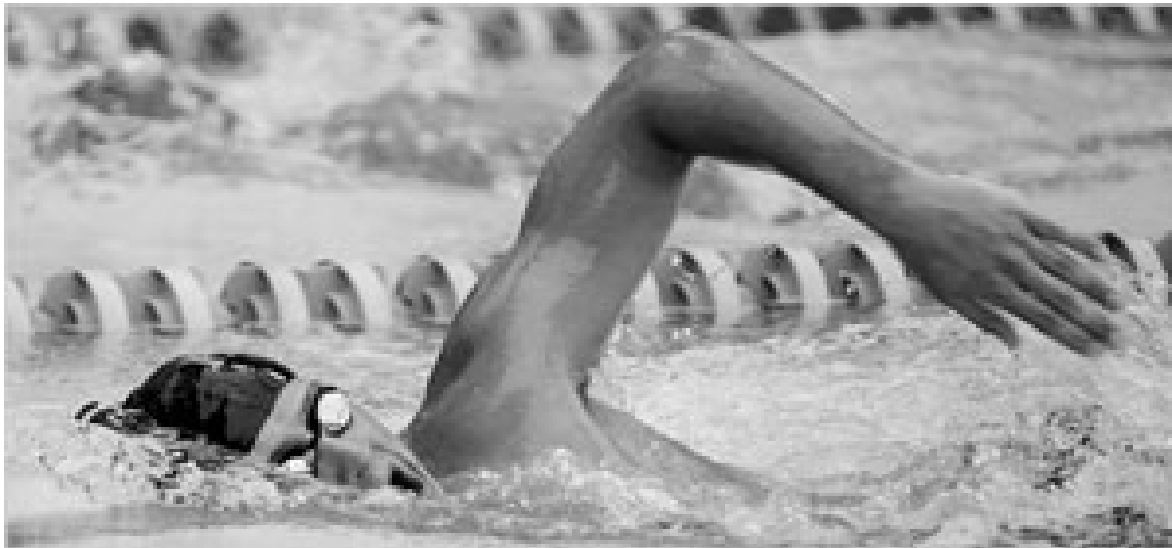


# **Y**SWIM TEAM™

We build strong kids, strong families, strong communities.

## **NORTH SIDE YMCA**



### **Fall Sessions**

**Session 1:** September 10<sup>th</sup> – October 1<sup>st</sup>  
**Registration:** August 2<sup>nd</sup> – September 15<sup>th</sup>

**Session 2:** October 4<sup>th</sup> – October 29<sup>th</sup>  
**Registration:** August 2<sup>nd</sup> – October 15<sup>th</sup>

**Session 3:** November 1<sup>st</sup> – November 26<sup>th</sup>  
**Registration:** August 2<sup>nd</sup> – November 15<sup>th</sup>

**Practices are on Monday and Friday nights 5:00-6:00pm**

1 meet for each month will be held on Saturday's (dates to be determined later)

### **FEES**

\$30 Members

\$40 Non-Members

This program is an introduction to competitive swimming in an “everybody swims, everybody wins” atmosphere. Children learn the rules, regulations, and techniques for competitive swimming. This team focuses on fun, building self-confidence and prepares the participants for competitive swimming. Swim meets are held monthly and participation is optional. Children must be able to swim a distance of 50 yards on their front and be able to tread water for at least 45 seconds to begin participation. 6 & 7 year olds are asked to swim 25 yards and tread water for 30 seconds.

**Mission Statement:** To put Christian principles into practice through programs that builds healthy spirit, mind and body for all.

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