



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING WAVES IN MANY WAYS

Recreational Swim Team

Want a fun activity that will keep kids moving? This program is for beginner to intermediate swimmers, who are looking for a non - competitive environment. We will learn basic stroke techniques, beginner strength training exercises, get in shape and have fun!

Ages 5 - 18

**Must be able to swim 25
yards without stopping**

Practice: Monday and Wednesday
Time: 4:00 p.m. - 5:00 p.m.

**Cost: \$60.00 Per Session or
\$210 for Entire Winter Session
(\$10 sibling discount)**

Meet and Greet the Coach!

January 11th at 6:00 p.m.

****Call Luke Whitted at
639-6107 if you are
attending.****

Must be a Y Member

**Session 1 - January 17th thru February 9th
Must be registered by January 16th**

**Session 2 - February 14th thru March 9th
Must be registered by February 13th**

**Session 3 - March 21st thru April 13th
Must be registered by March 20th**

**Session 4 - April 18th thru May 11th
Must be registered by April 17th**

**For more information please contact Luke Whitted
423-639-6107 or lukew@greencounty-ymca.org**