



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

eliminating racism  
empowering women  
**ywca**

# SUMMER WITH A SPLASH OF COMPETITION

## BLUE WAVE SWIM TEAM Summer Conference Team

Participants will gain swimming knowledge, experience, and overall health through this competitive swim program. Emphasis of the program is skill development, sportsmanship and the enjoyment of competition.

### What to Expect

All practices take place in the lap pool under direction of the swim coaches. Swimmers interested in joining swim team need to swim 25 yards each front and back crawl without assistance.

Fees are \$90/member; \$135/program participant.

### When to Attend

- Summer season runs June 5th—July 22nd
- Practices are Monday—Friday
- 7—9 a.m.           Advanced Practice
- 9—10 a.m.        Beginner Practice
- Meets are Tuesday evenings

**Head Coach: Shelley Lechnir**  
**Shelley.lechnir@ymca-ywca.org**  
**641-752-8658**

