



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Team Club

Improve endurance, strength and swimming skills

Sessions

June 27—July 27 No class July 4
August 1—August 24

Days

Monday and Wednesday
5:30pm to 6:30pm.

The First 20 minutes will be dedicated to stroke work, and the last 40 minutes will be spent doing a swimming work out. The work out will incorporate 1 to all 4 competitive strokes.

Ages

6—14

Cost

\$35.00 for Members
\$65.00 for Non-members

Contact

Dave Wray, Sr. Aquatic Director
757-638-0562
with any questions



TAYLOR BEND FAMILY YMCA
4626 Taylor Road, Chesapeake, VA 2321
P 757 638 9622 W www.ymcashr.org