

# SWIM TEAM

## SAMMAMISH FAMILY YMCA

**Join us after school at the pool for fun and fitness!**

Our Pre-Competitive Swim Team offers technique and fitness-focused instruction in a fun-filled way! The Sammamish Family YMCA swim team not only allows for athletic growth but also emphasizes character, friendship, and a positive attitude. Our swim team does not compete against other programs, instead we have a fun inter-squad meet every three months to challenge swimmers to do their personal best!

**SKILL REQUIREMENTS:** Must have completed Flying Fish level or be able to swim the length of the pool on front and back without struggle. Swimmers must be between 8 and 18 years old to qualify.

**DAYS/TIMES:** M/W 4:00-5:00pm Intermediate/Advanced Swim Team  
T/TH 4:00-5:00pm Beginning Swim Team  
*Fridays from 4:00-5:00pm are optional and can be added for \$24 per 4-week session*

**FACILITY MEMBER FEE:** \$48 per 4-week session

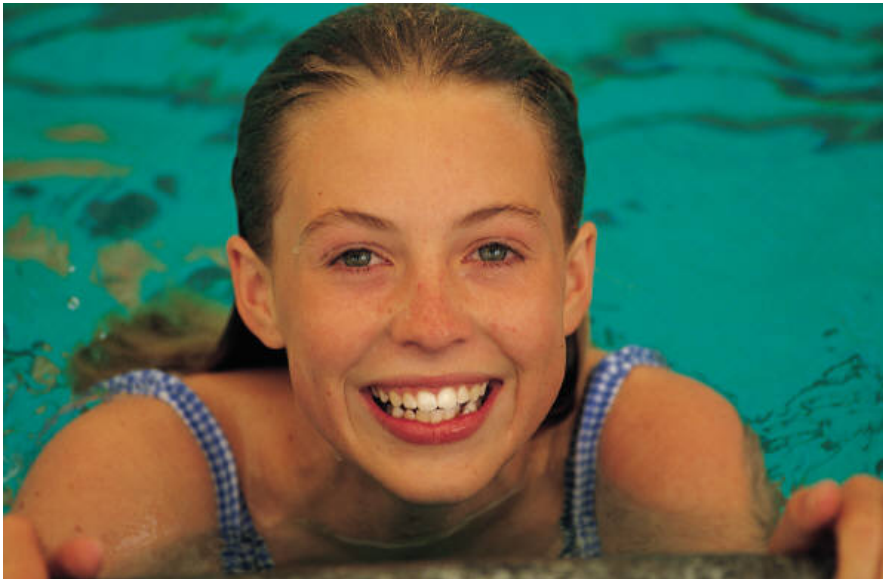
**PROGRAM MEMBER FEE:** \$58 per 4-week session

*Membership is required to participate in all YMCA programs. An annual program membership is \$50 per year per child. Facility members are those who pay monthly YMCA membership dues.*

**FALL SESSION DATES:** October 5-29; November 2-25\*; November 30-December 17\*

*\* Fees will be pro-rated these weeks for the holidays*

For more information, please call 425.391.4840 or email [zlisson@seattleyymca.org](mailto:zlisson@seattleyymca.org).



**SIGN UP FOR  
SWIM TEAM  
TODAY!**

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle is a charitable, non-profit membership organization serving King and south Snohomish counties since 1876.

**SAMMAMISH FAMILY YMCA  
AQUATICS PROGRAMS**

