



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEACHING VALUES ONE LAP AT A TIME

## SEA HORSES SWIM TEAM PREP

Sea Horses will allow participants a smooth transition onto a swim team. Focus will be placed on three criteria: endurance, stroke technique and team building. Swimmers will participate in one swim meet at the end of the season. Participants should be able to swim a full lap of freestyle, backstroke and breaststroke to participate.

- WHO:** Children, ages 5-9 years  
**WHERE:** Marin YMCA  
**WHEN:** September 6-December 16  
**TIMES:** Mon. & Wed., 4:15-4:45 p.m.  
**FEES:** Register TODAY!  
Facility Member: \$193  
Community Participant: \$240

For more information contact Griffen Cole at [gcole@ymcasf.org](mailto:gcole@ymcasf.org) or 415-446-2130.