

# DIVING FOR GOLD

## Northern Lights YMCA Swim Team



Learn the fundamentals of competitive swimming including proper stroke technique. We focus on team building and use competition as a tool to teach the values of discipline, self improvement, and sportsmanship. Participants between the ages of 6-18 and swimming ability equivalent to Learn to Swim Level 4 skill level are welcome.

**COST:** Must be a YMCA Annual Member: Beginners: \$378; Intermediate/Advanced: \$500  
10% Discount for Additional Immediate Family Swimmers, Financial Assistance is Available

**WHEN:** September 17th, 2024 – March 7th, 2025; Team Practice Days: Tuesdays, Thursdays, Fridays

**TIME:** Beginners: 4:30-6 PM; Intermediate/Advanced: 4:30-6:30 PM

**WHERE:** Northern Lights YMCA Aquatic Center, 2001 North Lincoln Road, Escanaba

**INFO:** Call 906-789-0005 or [www.nlymca.com](http://www.nlymca.com)

Not sure if this program is right for your swimmer?  
Try it out for FREE on September 13th from 4:30pm-6pm.



**Registration Now Open!**