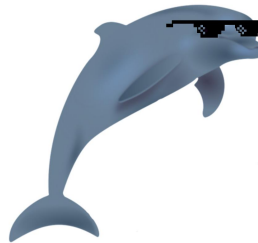




**Do you love the water? Do you like to swim?
Join the Illinois Valley YMCA Dolphins Swim Team!**

Why join the team?

- Individual sport in a team environment
- Non-bench sport - every team member can participate in competition
- Promotes strong work ethic, the important of goal setting, and increases self-confidence
- It's a family sport! Siblings are on the same team
- Lots of fun activities throughout the swimming season



ROOKIE WEEK

September 6th, 7th and 8th

At the Illinois Valley YMCA Aquatics Center from 5:00pm to 6:00pm

During Rookie Week you get the chance to find out what being on the swim team is all about. You'll be able to experience the benefits and fun of swimming first hand and get to meet our coaches. You can decide if the swim team is the right fit for your family with no cost or obligation. Rookie Week is open to swimmers of all abilities from ages 4-18!

For more information:

Email Head Coach Kate Young @ KateY@ivymca.org

<https://www.teamunify.com/team/recirilvy/page/home>