



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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SWIM

**DRAGONS,
SWIM FAST**

DRAGON



**NORTH FAMILY YMCA
A Branch of the Scott County Family Y**

Join the Swim Team that swims fast and has FUN!!!

Our coaches focus on improving swim technique, building endurance, and increasing swim speed, while having fun. In addition to promoting healthy living, self-esteem, and confidence, the SCFY Dragons build friendships that will last a lifetime! Our staff help swimmers set personal goals, then work hard to help them accomplish those goals. Join the Dragons today; we'll see you in the water!

Green Group — \$45/month, 5:30-6:30 PM Monday—Thursday

Swimmers must be able to swim the length of the pool (25 yards) without any help or floatation. This group focuses on learning technique of the swimming strokes and building endurance.

Blue Group — \$60/month, 6-7:15 PM Mon.—Thurs. & 5:30-6:45 PM Friday

This group will focus on swimming drills that improve stroke mechanics and build swimming strength.

Red Group — \$75/month, 6:30-8:00 PM Mon.—Thurs. & 5:30-6:45 PM Friday

This group is for experienced swimmers and focus is on building swim speed through good technique. Dry land strength training is expected of this group.

Gold Group — \$90/month, 6:30-8:15 PM Mon.-Thurs. & 5:30-7:00 PM Friday

This group is for elite swimmers 13 and over. Swimmers at this level are aiming to compete in State and Regional swim meets.

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The Y Annual Campaign makes financial assistance available to those who qualify and so much more. **NO ONE IS TURNED AWAY DUE TO AN INABILITY TO PAY!**