



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHELBY YMCA SWIM CLUB

The benefits of swimming are so amazing!

- Increase muscle tone and strength.
- Improved flexibility.
- Healthier heart and improved cardiovascular system.
- Weight control.

- Improve asthma conditions.
- Improve cholesterol.
- Lower risk of diabetes.
- Lower stress, higher spirits and a better brain.
- Live longer!

Instructions:

- 1) Swim your laps!
- 2) Turn in your lengths that you swim and we will record your miles.
- 3) Win prizes and see a record of your accomplishments!

Categories:

- Men & Women 17 years and up
- Children 16 years and younger

(laps swam during swim team practices and meets are not eligible for Shelby YMCA Swim Club)

*For more information, please contact Stephanie Faulkner-Program and Aquatic Director
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