



Season: Nov. 27 - Feb. 9th  
Excluding Christmas break

Practice: 4:15-5:30  
Grades 5/6: T/TH  
Grades 7/8; M/W

*All swimmers welcomed!*  
*Transportation logistics*  
*to practice in process.....*

More Info?  
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*Sign-up sheet on table near MS Office*

# Join Today! Middle School Swim Club



Practices: 4:15-5:30 pm  
Grade 7<sup>th</sup> & 8<sup>th</sup>: M/W  
Grade 5<sup>th</sup> & 6<sup>th</sup>: T/TH

Racine Family YMCA—725 Lake Ave.

**Bring:** Swim suits/trunks, goggles, swim cap, towel,  
slip-on deck shoes and water bottle (showers available).

**Middle School Swim Club (MSSC)** is for students interested in learning about competitive swimming and/or fitness swimming.

Must demonstrate ability to swim a minimum of 25 yd (1 pool length) unassisted and deep water competency. Emphasis on technique development of four competitive strokes including starts and turns.

WHY SWIM?

- It's fun! Improve skills and friendships.
- Streamlined fitness achieved via high-intensity, low-impact regimen.
- Life-long skill for physical and mental well-being.:
  - Initiates the "relaxation response" which counteracts physiological responses to stress (Herbert Benson).
  - Increased executive functioning (ability to manage life tasks: plan, organize, emotional control, transitions, etc.).