



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM TEAM FOR ALL



INTRODUCING A NEW INCLUSIVE DIVISION OF THE
SOUTH SHORE STRYPERS COMPETITIVE TEAM Ages 6-18



GREEN GROUP

Ideal for swimmers with Autism, Intellectual or Developmental Disabilities seeking to be part of a competitive swim team. Coaches will work with our Inclusion Team to provide strategies and techniques to effectively guide swimmers to enhance their swim techniques and learn the elements of being part of a competitive swim team.

Perspective members must have a basic knowledge of all four strokes, plus be able to complete 50 yard freestyle and 50 yard back stroke with a basic understanding of a proper turn.

Practices offer fine tuning of stroke technique, developing stamina and athleticism.

Basic stretching and body balance dry land exercises are introduced at this level.

**Practices are Mondays 6:45pm-8pm & Thursdays 5:45-7pm
beginning on Thursday, September 7th.**

Emilson YMCA, 75 Mill Street, Hanover



To Register: www.ssymca.org/programs

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