



YWCA of Brunswick Swim Team THE WATER DAWGS

The YWCA of Brunswick Swim Team has swim team groups for children of all ages and ability levels! We have “swim team prep,” alias “The Water Puppies,” which emphasizes stroke development and prepares swimmers for team practice. “The Water Dawgs” swim team is divided into junior and senior groups.

Why should your child swim year round?

- Swimming is an outstanding activity for young people.
- Swimming promotes fitness and physical achievement and is a healthy "lifetime" activity.
- Swimming is an exciting individual and team sport.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sports and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming can prevent drowning.

COME TRY US OUT!!!

Try out for “The Water Puppies” and “The Water Dawgs” swim teams. Learn more about the “Water Dawgs” and be evaluated by Coach Seth Dalton for group placement.

Who: Anyone who has basic swimming skills and can swim the length of the 25 yard pool

When: Beginning August 23, 4-6 p.m. (tryouts, placement and practice)

Where: YWCA of Brunswick Family Wellness Center
144 Scranton Connector, Brunswick

What: For more information, including registration fees, please call 265-4100 or visit the website: www.ywcabrunswickga.org

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