



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE IN, STAND OUT

Join the RMY Racers Swim Team
HARRISON FAMILY YMCA

Consider becoming a part of our RMY Racers Swim Team! As one of our swimmers, you will build strong friendships, learn proper stroke mechanics, starts and turns, gain endurance and learn about sportsmanship. RMY Racers Swim Team is a member of USA Swimming, the Greater Y Sunbelt Swim Association and the East Carolina Swim League.

SHORTCOURSE SEASON BEGINS AUGUST 21st!

Attend an open evaluation date at the Y!

- Monday, August 14th, 6-7pm
- Thursday, August 17th, 6-7pm
- Saturday, August 19th, 9-10am

Can't attend? Call 252-972-9622 x. 236 to schedule a time!