



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE IN STAND OUT

Join the RMY Racers Swim Team

HARRISON FAMILY YMCA

Supported in part by: **envolve™**

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.

SHORT COURSE SEASON BEGINS AUGUST 13TH!

OPEN EVALUATION DATES:

Monday, August 6 th	5-6pm
Thursday, August 9 th	5-6pm
Saturday, August 11 th	10-11am



HARRISON FAMILY YMCA

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