



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOLIET Y JETS SWIM TEAM FALL SWIM CLINIC

SEPTEMBER 12-17, 2011
GREATER JOLIET AREA YMCA

One of the area's most HISTORIC youth swimming clubs, the Joliet Jets Y Swim Team is a year-round competitive swimming program that offers instruction and training for swimmers, ages six and up. This is your opportunity to spend a week with our coaches to learn new drills, improve your swimming skills and meet members of the JETS family.

COST: \$20

Swimmers do not need to be YMCA members to participate in the clinic. At the completion of the clinic, swimmers who wish to join the team will be given a group placement along with registration materials.

SIGN-UP TODAY: To register for the JETS Fall Swim Clinic, visit the YMCA, call the Y today at (815) 729-9622, or visit us online at www.jolietymca.org.

JOIN THE JETS: To make the beginning level of the team, swimmers must be able to swim one length (25 yards) of the pool on their stomach and their back without stopping while demonstrating certain swimming fundamentals, such as rotary breathing. Swimmers will be placed into groups by the coaching staff. Swimmers who are not quite ready for the team are encouraged to enroll in YMCA swim lessons or participate in the JETS' pre-competitive Flight School program.

NO MANDATORY COMPETITION OR PRACTICE ATTENDANCE!

All JETS Swim Team participants must have a Full YMCA membership. Full members enjoy use of the Y's indoor pool, gym, fitness equipment and racquetball courts at both the Galowich & Smith YMCA locations. Members also enjoy discounted prices on other YMCA programs throughout the year.



Our positive, professional coaching staff not only builds strong swimmers, but strong values as well. We develop all swimmers, ages 6 and up, from beginners to elite!

JOIN US:

Smith Family YMCA

1350 S. Briggs Street, Joliet, IL 60433
Monday-Friday: 6:30-7:30 p.m.,
Saturday: 8-9 a.m.

Galowich Family YMCA

749 Houbolt Road, Joliet, IL 60431
Monday-Friday: 7-8 p.m.

FOR MORE INFORMATION ABOUT THE JETS:

Please contact:

Head Coach Dave Hedden

Phone: (815) 726-3939

E-mail: dhedden@jolietymca.org

www.jetsyswimteam.org

