

Rally the Family

Open to everyone



Swim team prep tryouts

Mid-Summer Family Splash

Bring the whole family!

Saturday, July 31, 10 a.m.-4 p.m.



YWCA of Brunswick

Family Wellness Center
144 Scranton Connector
265-4100

eliminating racism
empowering women

ywca

10-11 am: **Swim Team Prep (Waterpuppies) Tryouts.** Requirement: be able to swim two competitive strokes, 50 yards each, and participate in a 45-minute workout. Swim Team starts Aug. 23.

11 am-1 p.m.: **Aquatic Safety Training.** For parents/guardians, must pre-register by calling YWCA, limited seating. Note: Attendees receive discounted swim lessons for children, free lunch buffet .

1-2 p.m.: **Basic Training and Safety Demonstrations** (no swimming required). Note: those who attend both the 11 am and 1 pm classes may test for a Basic Water Rescue certificate.

2-4 pm: **Open Family Swim:** \$3 per person for non-members. No charge for training participants and YWCA members.

3-4 pm: Splash relays and water games led by aquatics staff.



We gratefully acknowledge sponsorship by
Garrett V. Bivens Foundation
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