



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INSTANT SWIMMER: JUST ADD WATER

**Belvidere Barracudas**  
**BELVIDERE FAMILY YMCA**



Small Team State Champions | 2018  
Boys' Small Team State Champions | 2018  
Girls' Small Team Second Place in State | 2018  
21 and Under Girls' State Champions | 2018  
11-12 Boys' State Champions | 2018

Love to swim? Then join the **WINNING** team! Belvidere Barracudas is **now recruiting** new swimmers ages 5-21 to become part of our dynamic, goal-oriented team.

Our **skills-based program** focuses on the swimmer as a whole covering everything from stroke technique, nutrition, character building and much more. Join the team that is **more like a family!**

**Visit [www.belviderebarracudas.org](http://www.belviderebarracudas.org) for details & fees!**

Give us a week to show you how much you will **LOVE** being part of our team!  
Contact Coach Matt for your free week trial.

**Special membership rates for new summer swimmers!**

Need some extra assistance? Ask us about our scholarship programs for membership and team fees to see if you qualify!

Contact Coach Matt at [matt.kopald@gmail.com](mailto:matt.kopald@gmail.com) or 815-289-3486