

SUMMER FUN AT THE Y



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 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 or 815-289-3486



JUMP IN: SWIM LESSONS

Group & Private Lessons

We have a swim class for everyone! From parent-tot to preschool and children's lessons to one-on-one instruction, you are bound to find a program that fits your child's needs!

Check out ALL our selections online to find a time and class that is just what you are looking for! New session begins the week of May 29th.

Give your kiddo the BEST SUMMER EVER! We have a engaging and enriching summer camp program that runs from 5:30am to 6pm. Attend one week or the whole summer. Check out ALL our camp info online NOW!

SPORT OF SORTS

This preschool age class is designed to teach participants the fundamentals of sports as we introduce t-ball, and soccer. Classes begin on May 31st and run for five weeks on Thursdays from 11am to noon. Fee is \$35 for members, \$70 for non-members.

VOLLEYBALL CAMP

In this camp for boys and girls (3rd-8th grade), we will work on the development of passing, serving, hitting, blocking, rolling, and improving basic skills such as floor play, defense, offense, and team development.

Dates: June 18th-June 21st from 12:30pm-2p
Fee: \$65.00 (includes a t-shirt)

BASKETBALL CAMP



The YMCA will be hosting a basketball camp for boys and girls grades 3rd-8th. We will focus on fundamentals of both team and individual skills. The camp will be run by Coach Eric Ross

Dates: June 25th-June 28th from 12p to 1:30pm
Fee: \$50.00 (includes a t-shirt)

PITCHING CLINIC

In this 3-session program, we will learn mechanics of throwing, understanding the pitcher's mound, the rules on balks, pick-off plays, fielding your position and mound presence. Ages 9-14 years old. Space is limited to the first 12 children to sign up. Please bring your glove each week.

Dates: June 25th-June 27th from 2pm-3:30pm
Fee: \$65.00

HI-YA: KARATE

Learn confidence, discipline and self-defense in our karate program. Classes for ages three and up. Come once a week or three times a week. Choose the program that fits your schedule and goals.

Visit us in person or online at belviderefamilyymca.org for more information on ALL our programs!

ASK US ABOUT THE PATRICK J. MURPHY YOUTH RECREATION SCHOLARSHIP THROUGH BELVIDERE TOWNSHIP & COSMO SWIM SCHOLARSHIP