



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INSTANT SWIMMER: JUST ADD WATER



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

**THIRD PLACE  
STATE FINISHERS FOR  
OVERALL TEAM IN 2017  
&  
BOYS TEAM IN 2017!**

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!

**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.

**When:** Join practice NOW; season begins May 23rd!  
**Location:** BELVIDERE FAMILY YMCA  
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Belvidere, IL 61008  
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belviderebarracudas.org | w