SUMMER SWIM TEAM REGISTRATION IS NOW OPEN!

STARTS APRIL 7

Registration is now underway for the MACR Sharks Spring/Summer USA Swim Team! The MACR Sharks are a year round YMCA and USA Swim Club offering daily practices for youth 6+ Swimming with the Sharks helps your swimmer build stamina, build confidence, take part in healthy competition and make new friends along the way! To be considered, swimmers should have completed advanced swim lessons and should be able to swim one length of pool on front and back and be confident in the water.

FOR A FREE SWIM EVALUATION CONTACT DONALD AT IOWAYSWIMMING@GMAIL.COM

LEARN MORE AT: www.sharksswimming.org

Why Swim?
As a sport, swimming offers an excellent all-round but low-impact workout, which has huge cardiovascular fitness benefits to keep children fit and healthy.

Swimmers create a bond with one another. This self-esteem booster is a great way for your kids to make new friends and strengthen relationships with existing ones.

Unlike some sports, swimming is a fitness routine your child can do well into adulthood.

Why the Y?
A sense of community - Oftentimes, parents are just as involved in swim team as the kids. The swim family (or 'swamily') is unlike any other!

Meets are free to attend! Unlike other organizations, Y dual season meets are free to attend.

You decide your level of commitment! There's no pressure to compete or a minimum number of practices required. You get to set your commitment level.