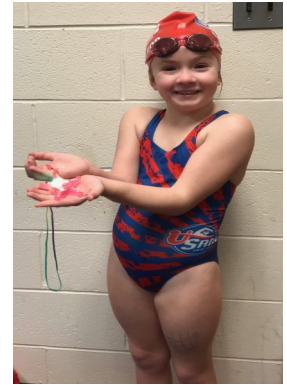


USAM SUMMER SWIM TEAM



Start: Sept 9 - March 20



We are looking for all levels of swimmers. Typically 5 and up, but if your child can swim 25 yards with out stopping we can work them up to the next level.

TRY-OUTS (Choose one from below be evaluated and sign up)

- Wednesday, August 28 6-7 pm
- Saturday, September 7, 9-10 am

Four Training Level Options: Red (8 & under), White, Blue, Regional

Practice Schedule: Mon-Fri 6-8 pm, Saturday 9-11am

Cost: \$6-9 dollars a practice, (Based on 28 week, 3 to 6 days a week options.)

Meet Expectations: A list is available for meets we will attend, about 1 a month at local facilities (RPI, SHEN, and Union).

Emma Willard Pool, 285 Pawling Ave, Troy, NY 12180

E-Mail: headcoach@unclesamswimteam.com

Phone: 518-286-3678 (ask for Rob)

WWW.UNCLESAMSWIMTEAM.COM

We Want You To Swim With USam!

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