

## Welcome to the YMCA of Selma-Dallas County 334-874-9622

The Selma Gators are starting their new fall

swimming season!!! Eligibility for the Swim Team

To join the team, a swimmer must be able to swim the following distance without holding onto the sides of the pool or lane lines: Ages 5-8: 25 yards (1 length of the pool) Ages 9 & up: 50 yards (2 lengths of the pool) \*\* A swimmer's age group is determined by his/her age as of December 1\*\* Your swimmer must pass with coaches' approval. You may try out on every Monday of the week. Please notify us that you are coming. The head coach, Tara Essary can be reached at 334-874-9622. Don't get behind on your swimming, sign up for fall swim lessons.

Youth Swim Lessons Fall Schedule

Monday and Wednesday Classes

3 Year olds- 5 year olds : 5pm-5:30pm

6 Year olds and Up : 5:30pm- 6pm

September 14th&ndash; October 7th

October 12th-November 4th

November 9th&ndash; December 9th (No swim lessons week of the 23rd due to Thanksgiving)

Tuesday and Thursday

3 Year olds- 5 year olds : 5pm-5:30pm

6 Year olds and Up : 5:30pm- 6pm

September 15th-October 8th

October 13th&ndash; November 5th

November 10th&ndash; December 10th (No swim lessons week of the 23rd due to Thanksgiving)

Saturday

3 Year olds- 5 year olds : 10:00am-10:30am

6 Year olds and Up : 10:30am- 11am

September 26th-November 14th

Adult Swim Lessons Fall Schedule

Tuesday and Thursday

Time: 6pm-6:45pm September 15th-October 8th October 13th&ndash; November 5th November 10th&ndash; December 10th (No swim lessons week of the 23rd due to Thanksgiving) Saturday Time: 10:00am-10:30am September 26th-

November FALL SOCCER Registering NOW ! Call the YMCA to register. 1st Practice is Sept 1st Fee \$ 10.00 per child

YMCA Lifeguard Class FALL 2009 Watch for Details Class in September