



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SURGE FORWARD

Simmons Surge Competitive Swim Team

**Registration
ongoing!**

**Land & Pool training M-W-F
5:00-7:30pm Sept – June**

Competitive meets monthly | Some travel required
FREE UNCC Kinesiology and Performance Study
YUSA (GYSSA) affiliated | USA Swimming affiliation coming soon!
Underwater camera for stroke, dive and turn analysis coming soon!
Members | Non-members welcome | My Y Pricing
(YMCA closed meets are open to Y members only)

Prior to registration, please schedule your free coach's assessment by calling or emailing:
Bette Miller | 704 716 6697 | bette.miller@ymcacharlotte.org
Andrew Terry | andrew.terry@ymcacharlotte.org

WWW.YMCACHARLOTTE.ORG/SIMMONS