



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OWENSBORO FAMILY YMCA

# Barracuda Recreational Swim Team



- Make new friends & experience a team atmosphere
- Focus on the fundamentals of all basic strokes: Freestyle, Backstroke, Breaststroke & Butterfly.
- Improve skills and stay fit year-round!
- Each session includes fun atmosphere with games and a competitive element in the mix.

### Learn from Coach Laura:

- Swam competitively for 15 years, 10 of those for YMCA swim team.
- Completed at the collegiate level at Lindsey Wilson College
  - 4 time All-American
- Coached Multiple Swim Teams ranging from summer clubs to USA teams.



**Who:** Children ages 6-16

**Prerequisite:** Child must be able to swim 1 length of the pool without stopping.

**When:** Fridays at 6:45-8:00pm

-June through July

**Rates:** Members- \$115

Non-Members- \$150

### To Register:

In-person: Mon-Fri: 3-6pm, Sat 9am-12pm \* Online: [tinyurl.com/OboroYPrograms](https://tinyurl.com/OboroYPrograms) or use our QR

? Laura Stephenson, Director of Aquatics,  
270-663-8209 or [laura@owensboroymca.org](mailto:laura@owensboroymca.org)

