

# MDIY *Sharks* Swim Team



## Bring A Friend Week

All Shark swimmers are encouraged to bring a friend to practice the week of November 2–6. All friends must be able to swim the length of the Lenny DeMuro Swimming pool at the MDI YMCA. All children age 6 and above are encouraged to come try the *Sharks* Swim Team for the week.

## Highlights

- Week of November 2
- Green Practice (10 & unders) Mon/Wed/Fri 4:15–5:15pm
- Gold Practice (9 & olders) Mon/Wed 5:00–6:30, Tues/Thurs 5:30–7:00pm & Fri 3:15–4:15pm
- Pizza Parties, Aquathon, 4 Home Swim Meets, Travel Meets
- Water Polo on Fridays @ 4:00pm
- Great Coaches & Great Friends
- All swimmers make the team!

## Mount Desert Island YMCA

For more information on 'Bring A Friend Week' please contact Head Coach. Any child interested in the Sharks Swim Team may come to practice for a week to try-out the team. No one is cut from the team provided they can swim the the length of the pool.

The team participates in the Maine YMCA Swim League and also is a member of USA Swimming!

Head Coach: Jim Willis

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