



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WANT TO BE AN OLYMPIAN?

Are *YOU* the next Michael Phelps or Katie Ledecky?

Get started NOW with the KVY STINGRAYS Swim Team!

The KVY STINGRAYS Swim Team Offers You (ages 5-18):

A New Coach!

Coach Mike held a FINA World Record! & he has coached competitive swimmers (and "newbies") from Kindergarten to College!

An Opportunity to Compete while Learning!

KVY swimmers compete at both YMCA and USA Swim Meets

A Blueprint for Success!

Coach Mike & his assistants' focus on goal setting, mental & physical training, detail/technique & achieving one's goals pays LIFELONG dividends!

Discipline and Success Beyond the Pool!

NCAA studies—Swimmers' GPA's are .3-.4 higher than the median college GPA!

A Supportive Community!

The STINGRAYS are a welcoming & positive community of swimmers, coaches & parents who support ALL swimmers!

A Lifelong Sport that is both challenging and FUN!

Jaring Timmerman was still competing at 105 years old!



FREE TRIAL & EVALUATION 5 pm at the Kennebec Valley YMCA!

Yes, FREE! Before October 14 at the KVY! Bring a Friend!

Play Another Sport? No Worries! Many swimmers are 2-Sport Athletes.

Questions? Please visit: kvystingrays.com for more details, or visit www.kvymca.org to register for the upcoming season.

THIS IS NOT A SCHOOL-SPONSORED EVENT