

# BOONE

# NADADORES



## WINTER SWIM TEAM

# JOIN OUR SWIM TEAM!

**MONDAYS, TUESDAYS, & THURSDAYS**

**Starts at October 21**

The emphasis of the Boone Winter Swim Team is to encourage fun in fitness, build and improve swim skills, techniques, and endurance, and to nurture a lifelong love of swimming. We encourage team spirit as well as challenge individual growth. Boone Winter Swim Team is a developmental program. Novice swimmers are encouraged to try!

### **New swimmers of all ages welcome!**

- ▶ Learn competitive strokes and skills
- ▶ No minimum practice expectations ... be there when you can
- ▶ Meets are optional, unless you want to compete in the championship meet end of season

**Register here:**



**Try it for two weeks at no cost!**

(Must be able to swim independently.)