



YMCA of Southwest Illinois

Seals Swim Team

East Belleville & O'Fallon Centers
www.ymcaswil.org www.yosiseals.org



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SEALS Swim Team

The YOSI Seals are a year-round competitive swim team competing in both YMCA and U.S.A. Swim meets all over the Metro Area. The team focuses on sportsmanship and team spirit, while exemplifying the YMCA Values of Caring, Honesty, Respect and Responsibility. Fall through Spring practices are held at the East Belleville and the O'Fallon Centers and at the Belleville Public Pool during the summer months.

Visit the YOSI Seals website at
www.yosiseals.org

New member to the team need to be evaluated by a Coach for placement into the appropriate group. New Swimmer placement days are scheduled for:
Tuesday, August 25 at 5-6:30pm (East) and Thursday, August 27 at 5-6:30pm (East).

or you can call:
 (618)236-9983 (East center) or
 (618)628-7701 (O'Fallon center)
 for more information.

Fall Session	9/8/09-12/30/09	Fees:	Bronze	\$185
Winter/Spring Session	1/04/10-4/23/10	(per session)	Silver	\$210
Summer Session	4/26/10-8/6/10		Gold	\$240
			Senior	\$270

Practice Schedule	Mon. (East)	Tues. (O'Fallon)	Wed. (East)	Thurs. (O'Fallon)	Fri. (East)	Sat.
Bronze Group	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	Off
Silver Group	4:30-5:45pm	4:00-5:00pm	4:30-5:45pm	4:00-5:00pm	4:30-5:45pm	11am-12pm (East)
Gold Group	5:30-7:15pm	4:45-6:10pm	5:30-7:15pm	4:45-6:10pm	4:30-6:15pm	11am-12:30pm (O'Fallon)
Senior Group	6:00-8:30pm	4:45-7:00pm	6:00-7:15am 6:00-8:30pm	4:45-7:00pm	6:00-7:15am	11am-1pm (East)