



## Swim summer season with the LYST Stingrays!

- YMCA Core Family Values
- Experienced and successful coaching staff
- Emphasis on values, responsibility & goals for team and each athlete
- Member of two leagues: SEOWV YMCA & USA Swimming
- 70+% of swimmers qualify for AA YMCA Championships
- Consistently win SEOWV Division II & very competitive with Division I
- Three 2016 Olympic time trials qualifiers (2 previous graduates & 1 current member)
- Dedicated & well organized parent management team
- Flexible training schedule that fits in with other sports
- Excellent preparation to swim for your high school team!

Go to [www.lyststingrays.org](http://www.lyststingrays.org) for more information or call the Robert K Fox YMCA 740-654-0616

