



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

Visit the YOSI Seals website at

www.yosiseals.org

or you can call:

(618)236-9983 (East center) or

(618)628-7701 (O'Fallon center)

for more information.

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.

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:

Wednesday, August 25 at 5:30-7pm (East). Placements after August 25 will be by appointment and if space is available.

Fall Session	9/7/10-12/31/10
Winter/Spring Session	1/03/11-4/22/11
Summer Session	4/25/11-8/5/11

Fees:	Bronze	\$190
(per session)	Silver	\$215
	Gold	\$245
	Senior	\$275

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	10:30-11:30am (East)
Gold Group	5:30-7:15pm	5:00-6:30pm	5:30-7:15pm	4:45-6:10pm	4:30-6:15pm	11am-12:30pm (O'Fallon)
Senior Group	6:00-8:30pm	6:30-8:30pm	6:00-7:15am 6:00-8:30pm	4:45-7:00pm	6:00-7:15am	11am-1pm (East)