

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 members must be evaluated by a Coach prior to being placed on the team. New member evaluations will be held on August 22 from 6-8pm at the East Belleville Center. After August 22, appointments should be scheduled with Sarah Bassett at SBassett@ymcaswil.org or 618-236-9983. Evaluations will be held by appointment only at the East Belleville Center.

Fall Session 9/7/11-12/31/11
 Winter/Spring Session 1/03/12-4/21/12
 Summer Session 4/23/11-8/3/11

Age as of 12/1/11	Fees per session
8 & Under	\$190
9-10	\$215
11-12	\$245
13 & Over	\$275

Practice Schedule	Mon. (East)	Tues. (O'Fallon)	Wed. (East)	Thurs. (O'Fallon)	Fri. (East)	Sat.
8 & Under	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	Off
9 - 10	4:00-5:00pm	4:00-4:45pm	4:00-5:00pm	4:00-4:45pm	4:30-5:45pm	10:30-11:30am (East)
11 - 12	5:00-6:15pm	4:00-5:00pm	5:00-6:15pm	4:00-5:00pm	4:30-6:15pm	10:30-11:30am (East)
13 - 14	6:15-7:30pm	5:00-6:30pm	6:15-7:30pm	4:45-6:10pm	6:00-7:15pm	11am-12:30pm (O'Fallon)
15 & Over	7:30-9:00pm	6:30-8:30pm	7:30-9:00pm	4:45-7:00pm	6:00-7:15am	11am-1pm (East)

Note: Practice times are subject to change based upon swimmer registrations. Additionally, individual swimmer times are subject to change at the coach's discretion based upon the number of swimmers per age group.