

## WITH THE **SALEM SWIM TEAM 12 & UNDER**

PRACTICES ARE HELD AT THE WITHNELL YMCA

MONDAY/WEDNESDAY 4:30-5:30PM TUESDAY/THURSDAY/FRIDAY 5:30-6:30PM

\*MUST BE AT LEAST 5 YEARS OLD

\*MUST BE ABLE TO SWIM 25 YARDS OF FREE STYLE

**13 & OVER** 

PRACTICES ARE HELD AT THE WILLAMETTE UNIVERSITY

MONDAY-FRIDAY 6:45-8:30





SALEM SWIM CLUB IS A NON-PROFIT USA SWIMMING TEAM