



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kishwaukee Family YMCA
2500 W. Bethany Rd.
Sycamore, IL 60178
815.756.9577
www.kishymca.org

DIVE IN & TRY IT OUT!

DeKalb County Swim Team

Kishwaukee Family YMCA

Stroke Clinic

September 3–September 19

Stroke clinic focuses on improving swimming skills, endurance and technique in all four competitive strokes.

Tuesday/Thursday 6:00pm–7:00pm

Returning swimmers 8 and younger and new swimmers 12 and younger.

Tuesday/Thursday 7:00pm–8:00pm

Returning swimmers 9 and older and new swimmers 13 and older

Informational Parent Meeting

Tuesday, Sept. 17 at 6:15pm

For parents of new swimmers or those interested in joining DCST. Location: YMCA Lap Pool Lobby

DCST Rookie Week (Give it a try week!)

September 23–September 27

Rookie Week is an opportunity to try out the team and meet the coaches!

Monday–Thursday will be practice. 6:00–7:00pm for 8 and under 6:00–7:30pm for 9 and older

Friday is a mock meet for all ages. Warm-ups: 6:00–6:30pm. Meet: 6:30–7:30pm



-Not sponsored by
District #428 or #427

