



## Elmwood Franklin/Nichols Swim Team

In our 3rd year, the EFS/Nichols swim team is going strong! We are looking to recruit all interested swimmers. No prior swim team experience required, just your child must be able to swim a length of the pool.

### **6 REASONS TO JOIN THE SWIM TEAM!!!!!!**

1. Flexible Practices\* – Monday/Wednesday/Friday 5-6:00 p.m. at Canisius College (5 min. from EFS)
2. Short Season – September 8 through November 9
3. Swim Meets on Sundays – 6 per season and championship meet
4. Two coaches to teach your child up to 4 strokes
5. Swimming is a non-impact sport that teaches both individual and team sportsmanship
6. Inexpensive – the cost for the season \$110/\$185/\$225 for 1/2/3 children per family

**FIRST PRACTICE/TRYOUTS WILL BEGIN  
MONDAY, SEPTEMBER 8**

To sign up contact Valerie Zingapan @  
[vazingapan@yahoo.com](mailto:vazingapan@yahoo.com)  
440-6835

\*You can choose one/two/three practices per week or meets only

