



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE:

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TRY-OUTS FOR THE RIDGEWOOD YMCA BREAKERS COMPETITIVE SWIM TEAM ANNOUNCED

[RIDGEWOOD NJ, July 11, 2011) – The Ridgewood YMCA Breakers competitive swim team will be holding try-outs on August 1st, 3rd and 5th and September 6th, 8th and 9th at the Ridgewood YMCA Oak Street branch.

Pre-registration is not required and swimmers may register on their day of their try-out. There is a \$10 registration fee for try-outs. YMCA membership is not required to try-out; however swimmers invited to join the Breakers swim team must become Ridgewood YMCA members.

Registration will open at 4pm on try-out days and try-outs will take place from 4:30 to 6:30pm.

The August try-out dates are open to all swimmers ages 6 and up. The September 6 date is reserved for swimmers aged 9-12, September 8 for swimmers aged 8 and under and September 9 will be for swimmers aged 13 and over and make ups.

The swimmer's age for try-out is based upon the age of the swimmer on December 1, 2011.

A full schedule is available at www.ridgewoodymca.org/try-outs

The Breakers Swim Team encompasses all ability levels, providing youth the opportunity to acquire the skills, self-discipline, confidence and physical conditioning to become the best swimmers they can be.

For additional details, please contact YMCA Swim Team Coach, Bud Rimbault at 201.444.5600 ext 319 or email brimbault@ridgewoodymca.org

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.