

**You're invited to swim with the**



## **BELLEVUE EASTSIDE SWIM TEAM**

BEST is a year-round YMCA swim team that combines a strong emphasis on technique with solid aerobic training to create an atmosphere that is both fun and competitive. We have a 44-year old tradition of growing swimmers who not only know the sport of swimming, but reflect the values of hard work, good sportsmanship, commitment, cooperation, teamwork, and respect.

### **Team Tryouts:**

Interested swimmers are invited to attend any of the dates and times below. Please arrive for tryouts with your swimsuit and goggles. Caps are recommended, but not required, for swimmers with long hair.

**Monday, August 9 and Tuesday, August 10**

**6:00-7:00pm**

**Wednesday, September 1 and Thursday, September 2**

**6:00-7:00pm**

All tryouts are located at the Bellevue Family YMCA

14230 Bel-Red Road

Bellevue, WA 98007

### **For more information:**

Jing Li, Head Coach ([jli@seattleyymca.org](mailto:jli@seattleyymca.org))

Melissa Chamberlin, Aquatics Director ([mchamberlin@seattleyymca.org](mailto:mchamberlin@seattleyymca.org); 425-746-9900)