



RIVERTOWN RAYS



Senior/Age Group Swim Team TRY-OUTS

All age group swimmers interested in continuing swimming during the Fall, Winter and Spring at one of the premier training facilities in Westchester are invited to the Rivertown Rays try-outs.

When: September 7th, 2010 Try-outs for Ages 11-12 & 13-Older
4:30 pm Registration, 5:00 – 6:15 pm Evaluation.

September 8th, 2010 Try-outs for Ages 10 & Younger
4:30 pm Registration, 5:00 – 6:15 pm Evaluation.

September 9th, 2010 Try-outs for Open to All Ages
4:30 pm Registration, 5:00 – 6:15 pm Evaluation.

Where: Pace University—Goldstein Fitness Center
Bedford Road—Entrance 3
Pleasantville, NY

PROGRAM GOALS

- Develop and Improve stroke strength and endurance.
- Encourage the swimmer to achieve their fullest potential.
- Build confidence in swimming beyond their comfort zone.

Any question in reference to the team: Call 914-420-7487 or email coach@rivertownaquatics.com