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# MY Y STORY

## FUN WITH A SPLASH OF CONFIDENCE

Jaime and Jessica Han both started with the YMCA Child Development Center when they were three and two. Through the Child Development Center, I had them take swimming classes (twice a week) since it was during day care hours and teachers took them to the pool and brought them back. During their preschool years, they learned to get friendly with water so they were never really scared to go in. They continued to take class once a week when they started elementary school. We started slow but consistently went to classes every week. The first class took the longest for them to pass and move up to the next level. But as they continued to get stronger and more confident, they seemed to really enjoy swim class.



They continued to move up every 6 months and eventually they were in the Flying Fish class. When Jaime was in 5th grade and Jessica was in 4th, they were automatically enrolled in Swim Team. I was a little concerned since they are pretty shy and have never been in any type of competition. They were nervous but didn't back out of Swim Team. As they got to each competition, they slowly paid more attention to their timing and I noticed their desire to bring in points for the team. They express concerns when a team member gets upset due to bad timing or result of the event. I constantly hear about their concerns and how the team can do better and improve.

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-Kayley, Jaime's and Jessica's mom