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**NORTH SUBURBAN  
YMCA**  
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FOR IMMEDIATE RELEASE

**YMCA's Flying Turtles Triumph at Special Olympics District Competition**

**Northbrook, IL: April 2016** – The North Suburban YMCA's "Flying Turtles" Swim Team achieved outstanding success in the Special Olympics District Swim Meet, held in Lake Forest, Illinois on March 19. By the end of the event, the team had collected a total of 21 medals, and nine team members had qualified to compete in the Special Olympics Illinois State Games in June. Just as importantly, every swimmer experienced the satisfaction and excitement of facing challenges and surpassing expectations.

Now in its third year at the North Suburban YMCA, the Flying Turtles Swim Team currently includes almost 30 swimmers. Coached by Tom March, the Y's lead instructor for special needs services, the team brought home 13 gold medals, four silvers, and four bronzes from the March 19 meet. Nine of the swimmers qualified for the State Games, which will be held on June 10. Each participant gained the confidence and accomplishment of competing at a major meet with 20 other teams and enjoyed celebrating the team's success together. A [video](#) created by March shows the pride felt by the team and their families.

"Every swimmer did an amazing job," notes March. "Whether they were awarded with a first place medal or a participant ribbon, you could just see how they all beamed with their accomplishments. This year was the biggest showing that the North Suburban Y has ever had at the District meet, and we have a record number of swimmers going on to the Special Olympics State Games. I couldn't be prouder of these swimmers and all they've achieved."

The Flying Turtles Special Olympics Team practices at the YMCA, located at 2705 Techny Road in Northbrook. The Y also offers group and private swim lessons for all ages and abilities. For more information, visit [www.nsymca.org](http://www.nsymca.org) or call 847 272 7250.



***Photo Caption: Athletes and coaches from the North Suburban YMCA's Flying Turtles Swim Team celebrated their success at the Special Olympics Illinois District Meet on March 19.***

**About the North Suburban YMCA**

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Kim Nyren at 847-272-7250 or [knyren@nsymca.org](mailto:knyren@nsymca.org), or visit [www.nsymca.org](http://www.nsymca.org).