



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

FOR IMMEDIATE RELEASE

**YMCA Swim Coaches Bring Local Perspective to Documentary Film “Swim Team”**

***Northbrook Public Library to screen award-winning documentary with commentary from North Suburban YMCA Special Olympics swim team staff.***

**Northbrook, IL:** The [Northbrook Public Library](#) will host a free screening of the award-winning documentary [Swim Team](#) on Monday, May 21 at 6:30pm. The film shares the inspiring journey of young people with autism brought together as a competitive swim team, and how their triumphs brought a community together. Following the film, a discussion will be facilitated by Tom March and Missy Contri, coaches of the North Suburban YMCA’s Special Olympics swim team.

As a swim instructor with expertise in helping students with special needs, Tom March has seen the transformative power of competitive swimming for children on the autism spectrum. Partnering with Aquatics Director Contri, March has seen the “Flying Turtles” team grow to over 30 participants in just a few years of existence. The team competes in Special Olympics Illinois meets, and has collected multiple individual and team medals at the state level. Some team members could barely swim at all before joining the program, but the individual attention and specialized approach has enabled them to succeed.

"These kids aren't as physical as others, so some of them prefer an individualized sport," notes March. "We can show that there really is a place in aquatics for kids with special needs."

The North Suburban YMCA offers a comprehensive program of aquatics instruction and recreational swimming year-round in its indoor pool. For general information, visit [NSYMCA.org](http://NSYMCA.org) or contact Missy Contri, [mcontri@nsymca.org](mailto:mcontri@nsymca.org).



***Coaches Tom March and Missy Contri provide life-changing guidance for young people with special needs through the North Suburban YMCA's Special Olympics Swim Team. March and Contri will discuss their experiences following a screening of the documentary "Swim Team" at the Northbrook Public Library on May 21.***

**About the [North Suburban YMCA](https://www.nsymca.org)**

Celebrating its 50<sup>th</sup> Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](https://www.nsymca.org).