



SWIM TEAM

Pre-season programs

ARE YOU JOINING THE YMCA SWIM TEAM?
YEP IT'S THAT TIME AGAIN TO
GET READY FOR COMPETITIVE WINTER SWIMMING

FALL WARM-UPS

***BUILD-UP ENDURANCE*IMPROVE STROKES, STARTS, AND
TURNS*SHARPEN SKILLS***

◆ Days and Times:

TUESDAY - 7:15 – 8:15 PM (9/29, 10/6, 10/13, 10/20, 10/27)
SATURDAY - 12:30 – 1:30 PM (9/26, 10/3, 10/10, 10/17, 10/24)

FEES:

FULL MEMBER - \$43.00
BASIC MEMBER - \$75.00
NON MEMBER - \$96.00

This program is designed by youth swimming with this team for the first time and those who need minor stroke and endurance improvement. Returning swimmers who want to improve their endurance are also encouraged to participate.

STROKE MECHANICS

**SWIM INSTRUCTION IS GEARED TO THE 4 COMPETITIVE STROKES with
STARTS AND TURNS**

◆ Days and Times:

FRIDAY - 7:05 – 8:05 PM (10/2, 10/9, 10/16, 10/23)

FEES:

FULL MEMBER - \$22.00
BASIC MEMBER - \$38.00
NON MEMBER - \$54.00

This program should be attended by youth swimming with this team for the first time and those who need serious stroke improvement, not recommended for advanced swimmers.

REGISTER NOW AND GET IN SHAPE FOR THE UPCOMING SWIM TEAM SEASON!

RETURN COMPLETED FORM W/ PAYMENT BY WEDNESDAY, SEPT 18, 2009 TO:
GLOUCESTER CO. YMCA, 235 E. RED BANK AVE, WOODBURY, NJ 08096.
QUESTIONS? CONTACT ANDREA GODSHALL 845-0720 or agodshall@ymcagloco.org

Circle what program(s) registering for: FALL WARM-UPS OR STROKE MECHANICS

NAME _____ AGE _____ PHONE _____
ADDRESS _____ CITY _____ ZIP _____
E-MAIL ADDRESS _____
YEARS ON RIPTIDES TEAM _____

PLEASE LIST ANY MEDICAL CONDITIONS OR LEARNING DISABILITIES YOUR CHILD MAY HAVE, THAT OUR STAFF SHOULD BE AWARE OF _____