



## ***Simply the Best in Berks County Practice begins September 13, 2010***

Get a head start on the competition. Train with one of the best YMCA programs in the state of Pennsylvania.

Our experienced coaching staff focuses on the development of strokes and endurance for all levels of competitive swimmers.

We take great pride in building strong kids, strong families and strong communities through the sport of swimming and look forward to developing the core values of honesty, caring, responsibility and respect in your children both in and out of the water.

***All returning swimmers must register with a down payment of \$50.00 by August 16, 2010. No exceptions.***

All new swimmers will be placed on a waiting list until their scheduled tryout with the coaching staff. Tryouts will be scheduled the week of August 23 through August 26 in 20 minute sessions. A \$20.00 late fee will be charged to any registration forms handed in after the October 1 deadline.

If you have any questions or would like more information please contact Head Coach Kim Evans at [coachkim@ptd.net](mailto:coachkim@ptd.net) or check out our website at [www.ryswimming.org](http://www.ryswimming.org).

### ***Practice Groups and Fees***

Financial Aid is available upon request.

#### **Developmental/8 & Unders**

This level is for swimmers 8 & under and for first time competitive swimmers. To enter this group, all swimmers must be able to swim 25 yards of two competitive strokes.

**Workouts:** Monday, Tuesday, Wednesday & Friday - 5:30 - 6:30 PM  
**Fee:** \$325.00

#### **1 Hour - Bronze(9 & 10)**

**Workouts:** Monday through Friday - 5:30 - 6:30 PM  
**Fee:** \$450.00

#### **1 ½ Hour - Silver(11 & 12)**

**Workouts:** Monday through Thursday - 6:30 - 8:00 PM  
Friday - 5:30 - 7:00 PM  
Saturday - 8:30 - 10:00 AM  
**Fee:** \$500.00

#### **2 Hour - Gold(13 & Over)**

**Workouts:** Monday through Thursday - 6:30 - 8:30 PM  
Friday - 5:30 - 7:30 PM  
Saturday - 8:00 - 10:00 AM  
Saturday - 10:00 - 11:00 AM  
**Fee:** \$600.00

#### **High School**

September 14, 2009 to the beginning of the High School season, then 2 days per week during the high school season. It also includes USS and YMCA meets and after the High School season through Y Nationals in April.

**Workouts:** Monday through Thursday - 6:30 - 8:30 PM  
Friday - 5:30 - 7:30 PM  
**Fee:** \$350.00