



Y SWIM TEAMTM
We build strong kids, strong families, strong communities.

SPRING CONDITIONING CLINIC

Practices Begin May 3 to June 3, 2010

This clinic offers 5 weeks of structured stroke technique and conditioning workouts from the dedicated, experienced staff of one of the best YMCA swim teams in the State of Pennsylvania. This program is designed to help prepare swimmers for the competition of the upcoming summer season.

Group practice times are designed by ability and the coaching staff reserves the right to change a swimmers practice group to best serve the swimmers. Families will be billed for any adjustments that are made.

Payment and registration form for current RY swimmers for clinic are due on or before April 15th. After April 15th, registration will open to the general public on a first come/first serve basis until the clinic is filled. General public should bring payment on their first night of practice after they have been notified of their acceptance into the clinic. No swimmer will be allowed to participate until registration and payment has been received. Registration form can be found on our website.

If you have any questions or would like more information please contact Head Coach Kim Evans at 717-484-4116 or coachkim@ptd.net or check out our website at www.ryswimming.org.

Practice Groups and Fees

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 - 5:30 - 6:30 PM

Fee: \$75.00 Members,
\$105.00 Non-Members

1 Hour – Bronze

Typically 9-10 year olds

Workouts:

Monday - Thursday - 5:30-6:30 PM

Fee:

\$100.00 Members
\$130.00 Non-Members

1 ½ Hour – Silver

Typically 11-12 year olds

Workouts:

Monday – Thursday – 6:30-8:00 PM

Fee:

\$115.00 Members
\$145.00 Non-Members

2 Hour – Gold

Typically 13 years and up

Workout:

Monday – Thursday – 6:30-8:30 PM

Fee:

\$135.00 Members
\$155.00 Non-Members