

Developmental Swim Team

Session dates: Sept 8 – Oct 13; Oct 25 – Dec 8

Days/Times: Monday/Wednesday 4 – 5 pm

Cost: Y member - \$67.00; non-member - \$165.00 per 6 week session

Registration is open now

For more info on class, please refer to Fall 2010 Y Program Guide or contact

Paul Brown @ 366-6421 ext 125

Competitive Stroke Clinics

Session dates: Sept 7 – Oct 14; Oct 26 – Dec 9

Days/Times: Tuesday/Thursday; Level 1 – 4 – 4:45 pm, Level 2 – 5 – 5:45 pm,

Level 3 – 6 – 6:45 pm

Cost: Y member - \$60.00; non-member - \$154.00 per 6 week session

Registration is open now

For more info on classes and guide to determining proper level placement, please

Refer to Fall 2010 Y Program Guide or contact Paul Brown @ 366-6421 ext 125

Competitive Stroke Camps

Session dates:

Oct 4 – 10 Freestyle Technique Camp

Oct 11 – 15 Stroke Technique Camp

Oct 25 – 29 Endurance Building Camp

Continued...

Competitive Stroke Camps continued

Three levels for each camp, 18 swimmers maximum in each level. Please contact Paul Brown @ 366-6421 ext 125 for proper level placement. New swimmers to the Y Program should contact Paul for a stroke analysis appointment.

Each camp runs Monday – Friday.

Level 1 schedule: M/W/F 5 – 6 pm, T/Th 7 – 8 pm;

Level 2 schedule: M/W/F 6 – 7 pm, T/Th 8 – 9 pm;

Level 3 schedule: M/W/F 5 – 7 pm, T/Th 7 – 9 pm.

Cost: Y member – Level 1 & 2 \$25, Level 3 \$50; non-member – Level 1 & 2 \$62.50, Level 3 \$125 Costs are for each week of camp, must register for each week of camp

That you are interested in.

Registration is open now

For more info on camps, please refer to Fall 2010 Y Program Guide or call

Paul Brown @ 366-6421 ext 125