

Y³SWIM TEAM™

We build strong kids, strong families, strong communities.

Grove City YMCA - 614-871-9622

Suzie Damron - Aquatic Director : sdamron@ymcacolumbus.org

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Fall 2010, August 30 - September 3

Registration begins: Metro Members - August 9

Program Members - August 9

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P								
10yrs & Under										
Freestyle	5	7	FREE1		5:30-6:30 PM					
Backstroke	5	7	BACK1			5:30-6:30 PM				
Breaststroke	5	7	BREAST1				5:30-6:30 PM			
Butterfly	5	7	FLY1					5:30-6:30 PM		
Starts & Turns	5	7	ST1						5:30-6:30 PM	
All Days	20	30	ALL1		5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	
11yrs & Over										
Freestyle	7	10	FREE2		6:30-8:00 PM					
Backstroke	7	10	BACK2			6:30-8:00 PM				
Breaststroke	7	10	BREAST2				6:30-8:00 PM			
Butterfly	7	10	FLY2					6:30-8:00 PM		
Starts & Turns	7	10	ST2						6:30-8:00 PM	
All Days	30	45	ALL2		6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	

Stroke Technique

Participants refine their competitive swimming strokes and technique and build endurance. You must be swimming at the Minnow Level of the YMCA Progressive Swim Lessons Program to participate.

Conditioning

Prior to the competitive seasons, swim team participants work to better their overall fitness level through activities and swimming.

M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan Members

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
 Judeo-Christian principles that build a healthy spirit, mind and body.

7/30/2010