

North Branch YMCA - 614-855-4252

Jenny Puett - Aquatic Director : jpuett@ymcacolumbus.org

Fall 1 2010, August 17 - August 27

Registration begins: Metro Members - July 31

Program Members - August 7

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P								
10yrs & Under										
Freestyle	5	7	FREE1			5:00-6:00PM				
Backstroke	5	7	BACK1				5:00-6:00PM			
Breaststroke	5	7	BREAST1						5:00-6:00PM	
Butterfly	5	7	FLY1			5:00-6:00PM				
Starts & Turns	5	7	ST1				5:00-6:00PM			
IM's	5	7	IM1						5:00-6:00PM	
All Days	25	35	ALL1			5:00-6:00PM	5:00-6:00PM		5:00-6:00PM	
11yrs & Over										
Freestyle	5	7	FREE2			6:00-7:00PM				
Backstroke	5	7	BACK2				6:00-7:00PM			
Breaststroke	5	7	BREAST2						6:00-7:00PM	
Butterfly	5	7	FLY2			6:00-7:00PM				
Starts & Turns	5	7	ST2				6:00-7:00PM			
IM's	5	7	IM2						6:00-7:00PM	
All Days	25	35	ALL2			6:00-7:00PM	6:00-7:00PM		6:00-7:00PM	

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.

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.

07/30/2010

STROKE TECHNIQUE & CONDITIONING™

We build strong kids, strong families, strong communities.

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Interested in joining swim team? Just want to get a jump on the season?
Is there a stroke you are still working to perfect?

Then this is the class for you!!!

You can sign-up for all 6 days or just sign-up for the strokes you want to work on! Pre-registration is required! Limited number of spaces available!

Members: \$5 per day or \$25 for all 6 days
Program Members: \$7 per day or \$35 for all 6 days

5-6:00pm : 10yrs and Under

6-7:00pm : 11yrs and Older

<u>Date</u>		<u>Stroke</u>
Tuesday	August 17 th	Freestyle
Wednesday	August 18 th	Backstroke
Friday	August 20 th	Breaststroke
Tuesday	August 24 th	Butterfly
Wednesday	August 25 th	Starts & Turns
Friday	August 27 th	IM's

** Taught by Aquatic Instructional Staff **

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