



# Competitive Stroke Lessons

At the York YMCA



Throughout the winter and spring, the York YMCA is offering three sessions of stroke technique lessons for area swimmers. This is an opportunity to work with and learn from the York Y's professional coaches to improve your swimming technique – the single fastest way to improve your swimming results! Continual refinement of stroke technique during difficult mid-season training is challenging at best; our lessons provide focused time for this improvement. Using world-class swimmers as our models, we break each stroke down to its fundamentals and teach them one at a time. In each lesson we provide useful “technique tips” that swimmers can incorporate into their training immediately. Thus, these classes are meant as a supplement to, not as a substitute for a swimmer’s club or high school training program. They are open to any competitive swimmers nine years old and older. Swimmers may attend as many sessions as they wish: the more you work on your technique, the better it gets!

**WHAT?** *Each session consists of four lessons, one on each of the four competitive strokes, on four successive Tuesdays*

**WHEN?** *Tuesday evenings from 7:30 to 8:15 PM*

**WHERE?** *At the York YMCA's Graham Aquatic Center, 543 N. Newberry St., York PA*

**COST?** *\$35 per four-lesson session for YMCA facility members; \$40 for YMCA program members\**

*\*A YMCA program membership costs \$10 per person, and is valid for one year.*

<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
1/12/10	2/9/10	3/9/10
1/19/10	2/16/10	3/16/10
1/26/10	2/23/10	3/23/10
2/2/10	3/2/10	3/30/10

For more information, contact Coach Nate Gentzler at 843-7884 x267 or [ngentzler@yorkcoymca.org](mailto:ngentzler@yorkcoymca.org). To register, call 843-7884 x260 or stop by the desk at the YMCA at 90 N. Newberry Street in York. See the reverse side of this flyer for the registration form.

**YORK YMCA SWIMMING  
STROKE TECHNIQUE LESSONS  
REGISTRATION FORM**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Current swim team: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Parents' names: \_\_\_\_\_

Parents' e-mail: \_\_\_\_\_

**I am registering for:**

**Session 1 (Jan 12 - Feb 2)**

**\$35/Y Member \_\_\_\_\_ \$40/Prog. Member\* \_\_\_\_\_**

**Session 2 (Feb 9 - Mar 2)**

**\$35/Y Member \_\_\_\_\_ \$40/Prog. Member\* \_\_\_\_\_**

**Session 3 (Mar 9 - Mar 30)**

**\$35/Y Member \_\_\_\_\_ \$40/Prog. Member\* \_\_\_\_\_**

**\*Non-members of the York YMCA must purchase a \$10 Program Membership to participate in the stroke lessons. If you are a non-member, please add \$10 to the total of the fees for each session. You only need to pay this once (even if signing up for multiple sessions) and the program membership is valid for 1 year.**

**Total Fees: \_\_\_\_\_**

**Would you be interested in our other special programs (such as mini-camps, Tidal Waves Swim Team, etc.)? Yes \_\_\_\_\_ No \_\_\_\_\_ Do you wish to be on our team mailing list? Yes \_\_\_\_\_ No \_\_\_\_\_**

***To register, call 843-7884 x260 or stop by the desk at the YMCA at 90 N. Newberry Street in York. You may also mail the registration form, accompanied by a check made out to "York YMCA" to:***

**Coach Nate Gentzler  
York YMCA Swimming  
90 N. Newberry St.  
York, PA 17401**