



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE IN

High School Swim Training

Begin date: March 21, 2011
Days per week: Monday –Friday
Practice Times: 4:00-5:30 pm
Session Dates: March – July and September & October
Monthly fee: \$60/month (fee includes YMCA Youth Membership)
Location: Primarily held at Graham Aquatic Center 543 N. Newberry Street

Program Amenities:

- Superior Training
- Stroke Instruction
- Increase in High School Performance Levels
- Train With Other High School Swimmers From Across the County
- Nutritional Information to Enhance Performance
- Dry-land Training
- Program Offered 5 Days Per Week; Recommended Attendance at Least 3 Days Per Week
- Training Held at the State of the Art Graham Aquatic Center and York Branch YMCA Natatorium Pool

Program is overseen by Michael Brooks, YMCA Director of Competitive Swimming. All practices will be run by an assistant coach following Michael's guidelines and program objectives. To receive additional information email Coach Brooks at mbrooks@yorkcoymca.org

High School Swim Training Registration Form

First Name: _____ Last Name: _____ (M/F) DOB: ____/____/____

Address: _____ City: _____ State: _____

Zip Code: _____ Email Address: _____

Phone Number: _____ Cell Phone: _____

Emergency Contact: _____ Phone Number: _____

(AMEX/MC/VISA) _____ Exp Date: ____/____/____ CID: _____

Name on Card: _____