

HIGH SCHOOL SWIM TRAINING

The York YMCA Competitive Swimming program is offering a new program for local high school swimmers that runs between high school seasons, from mid March to the end of October. This program is run and coached separate from either our competitive swimming team or our Tidal Waves team.

FITNESS

Tired of finally getting into top shape just as the high school season is ending, then having to reinvent the wheel the next season, forever taking one step forward and then one step backward? Top swimmers make steps forward continually, with each season building off the gains from the previous one. One of the primary goals of this program is to keep swimmers in the water, **GETTING BETTER ALL THE TIME**, so that each high school season begins at a higher level than the last one finished at. Practices are offered five times per week; it is recommended that swimmers attend at least three.

TECHNIQUE

Good technique is as different from poor technique as a dog is from a cat. Let your hard work in the water get results by swimming with greater efficiency. Learn the cutting-edge techniques of the world's best with the York YMCA's innovative stroke technique practices.

RACING OPTIONS

High School Swim Training participants may choose:

- = not to race at all
- = to race with their local club teams
- = to race with our York Y Tidal Waves team in local dual meets
- = to race with our York Y competitive team (requires a USA Swimming membership)

FUN

Enjoy swimming, improving, and socializing with swimmers from all over the York area.

WHAT: *York YMCA's High School Swim Training*

WHO: *York area high school swimmers*

WHY: *To get fitter and more efficient in the water.*

WHEN 1: *mid-March to the end of July, then all of September and October.*

WHEN 2: *4:00 p.m. to 5:30 p.m. Monday to Friday*

WHERE: *most practices will be at the Graham Aquatic Center, 543 N. Newberry St., York*

HOW MUCH: *\$60 per month (includes a YMCA Youth Membership). Fees for March will be pro-rated.*

BY WHOM: *practices coached by Dave Wiest, coach of Red Lion H.S., and overseen by York YMCA's head coach Michael Brooks*

MORE QUESTIONS: *email Michael Brooks at mbrooks@yorkcoymca.org, or call him at 717-718-1968, ext. 104.*