



Over 30 Years of Competitive Swimming
in Central Pennsylvania

Spring 2008 Age Group Training



Swimmers aged 11-16 will prepare for the Summer competitive swimming season in this 5 week program. Emphasis will be on stroke technique combined with endurance, strength building, and correct practice habits.

Clinic Dates: April 21-May 23, 2008

Schedule:

<u>4/21-4/25</u>	M/W T/TH	7:15-8:45pm 4-5:30pm
<u>4/28-5/1</u>	M/W T/TH	4:30-6:15pm 6:30-8:15pm
<u>5/5-8</u>	Monday Tuesday	4:30-6:15pm 6:30-8:15pm
<u>Wednesday 5/7-Thursday 5/22</u>	M/W T/TH	7:15-8:45pm 4-5:30pm

Swimmers may choose
which days to attend

Fees:	Member:	2-day	\$80
		4-day	\$135
	Program-Member	2-day	\$105
		4-day	\$155

Please be sure to complete the entire registration form. If you swam with WSY in the Winter, provide name and any updated information along with payment

Swimmer Name: _____ Birthdate: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-Mail Address: _____ E-Mail Address #2: _____

Emergency Contact: (Name and Phone) _____

Summer Swim Team: _____