



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTHY COMPETITION SKILLS FOR LIFE IN THE POOL

YOUTH SPORTS
 Competitive Swim Team
 Spring Stroke Clinic
 WEST SHORE YMCA



Our highly successful Stroke Clinic is structured for children between the ages of 6-13 years of age. We have three (3) sessions available, including a Monday/Wednesday session and a Tuesday/Thursday sessions at West Shore YMCA, as well as a Tuesday/Thursday Session at Northern High School. We ask that participants indicate which session they will attend most of the clinic, however you are free to switch days if you have conflicts with other activities. Concentration for all clinics will be on stroke drills, proper stroke technique, and consistency.

Clinic Dates

April 13-May 21 2020

Fees

- Y Members (not participating with Hampden Ducks Summer Team) \$110
- Y Program-Members \$130 **
- Members of Hampden Ducks or Northern York Summer Swim Team \$65 **

****All participants must be "Program Members (\$10) of the YMCA**

Clinic Times and Locations

M/W 7:15-8:15pm at West Shore Y

T/Th 4:30-5:30pm at West Shore Y

T/Th 5-6pm at Northern High School

HARRISBURG AREA YMCA WEST SHORE BRANCH

Competitive Swimming

410 Fallowfield Road Camp Hill, PA 17011

P 717 737 9622 D 717 514 2287

E mike@wsyswim.org www.yswim.org

All participants MUST register at the Member Service Desk at the YMCA



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COMPETITIVE SWIM TEAM SPRING STROKE CLINIC REGISTRATION FORM

FAMILY NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

E-MAIL ADDRESS: _____

E-MAIL ADDRESS #2: _____

EMERGENCY CONTACT: (NAME AND PHONE) _____

SUMMER SWIM TEAM: _____

Swimmer Last Name	First Name	MI	Gender	Birth date	Indicate days of week and location to attend

Amount Paid:

TU _____ Daxco _____

Office Use