



CHAMPION SWIMMERS START HERE

Pre-comp starts March 7

Pre-Competitive

March 7-April 6, 2017

Tuesdays/Thursdays 5:30 pm-6:30 pm

Swimmers must swim 25 meters on front and back and will be taught stroke techniques, flip turns and dives.

YM: \$80/NM: \$110

Swim Team

Begins April 10, 2017

Beginners: 6:00 pm-7:00 pm \$260

Intermediates: 5:30 pm-7:00 pm \$300

Advanced: 5:30 pm-7:30 pm \$340

Dry Land Training with Trainers

April 18- June 29, 2017

Intermediate/Advanced:

Tuesdays/Thursdays 5:00 pm-5:30 pm

Beginners:

Tuesdays/Thursdays 5:30 pm-6:00 pm

Trial Week Offer

Swim Team begins April 10th, we will offer a trial week for anyone who would like to try it from Monday-Friday, 6:00 pm-7:00 pm. The cost is \$20, if you choose to join the team, your trial fee will be deducted from the team fees.

All swimmers will have a Functional Movement Screening assessment by WellSpan Physical Therapist.



HANOVER YMCA
NORTH LOCATION
500 George Street
Hanover, PA 17331
717-632-8211
hanoverymca.org/aquatics

Home of the

Stingrays
Swimming

HANOVER AREA YMCA

