

# Tiger Shark Swim Team ~ Spring Training 2008



April 14 - June 14



Interested in improving your swim technique to get ready for the summer competitive swim season? Our nine-week Spring Training Program is for you! From April 14 to June 14, our coaches will help you to improve your times by focusing on stroke technique, drills, starts and turns. It's a great program to help you to further develop your skills or for helping you to transition from the Blue Sharks Developmental Swim Program to the Tiger Sharks Competitive Swim Team.

To be placed in the skill-appropriate practice group, all NEW swimmers to the Tiger Shark Program MUST attend an evaluation session. Join us either Tuesday, April 1, 4:30-6:30 PM; Wednesday, April 2, 5:00-7:00 PM; Thursday, April 3, 6:00-8:00PM at the Allard Center YMCA. Pre-registration is not required.

Once new swimmers have been evaluated they will be placed in one of the below practice groups based on available spots.

<u>White Group</u>	<u>Red Group</u>	<u>Yellow Group</u>	<u>Black Group</u>	<u>Navy Group</u>
<b>\$230.00 FM / \$300.00 PM</b>	<b>\$240.00 FM / \$310.00 PM</b>	<b>\$250.00 FM / \$320.00 PM</b>	<b>\$260.00 FM / \$330.00 PM</b>	<b>\$270.00 FM / \$340.00 PM</b>
Mon: 4:00-5:00 PM	Mon: Off	Mon: 4:00-6:00 PM	Mon: 4:00-6:30 PM	Mon: 4:00-6:45 PM
Tues: 4:30-6:00 PM	Tues 4:30-6:30 PM	Tues: 5:30-7:30 PM	Tues: 5:30-8:00 PM	Tues: 5:30-8:00 PM
Wed: Off	Wed 4:00-5:00 PM	Wed: Off	Wed: Off	Wed: 4:30-6:45 PM
Thurs: 4:30-6:00 PM	Thurs 4:30-6:30 PM	Thurs: 5:30-7:30 PM	Thurs: 5:30-8:00 PM	Thurs: 5:30-8:00 PM
Fri: Off	Fri: 4:00-6:00 PM	Fri: 4:00-6:00 PM	Fri: 4:30-7:00 PM	Fri: 4:30-7:00 PM
Sat: 8:00-9:00 AM	Sat 8:00-9:00 AM	Sat: 7:00-9:00 AM	Sat: 6:30-9:00 AM	Sat: 6:30-9:00 AM

\*\* FM = Full Member PM = Program Member

**Payment Options: \*\*\* All payments must be giving to Coach Jennifer, NOT the front desk!!!!\*\*\***

**Option #1** – Pay in full by the first practice

**Option #2** – Three payments, 1<sup>st</sup> payment on April 14<sup>th</sup>, 2<sup>nd</sup> payment on May 1<sup>st</sup>, 3<sup>rd</sup> payment on June 1<sup>st</sup>. These payments will be an automatic credit card charge or checking account withdrawal. Please fill out the Bank Draft/Credit Card Authorization Form

For more information on this or any other competitive aquatic program, please contact  
Jennifer Cullen @ 232-8653 or at Jcullen@gmfymca.org

