

APRIL 20 TO JUNE 3

YMCA Hurricane Swimming Spring Training Session

- For ages 8 to 18
- Offered at Mt Laurel Location
- 7 week session that runs from April 14 through May 30.
- Multiple day and times
- The excellent staff of Cane coaches are on hand daily
- This is also an excellent way to introduce yourself to the facility as well as the coaches should you want to train and compete with us in the fall.
- Registration Starts April 6.
- Must be at least program member of YMCA.
- The Core Values of the YMCA are stressed each day!
- See our website at www.ymcahurricanes.com



*Get ready for
summer swim team
season! Join our
Spring Training
Sessions.*

Contact Bill Sepich, Hurricane Head Coach
(856) 234-6200 x207 at Mt. Laurel

SEE SCHEDULE AND FEES ON REVERSE!



**STRONG KIDS
FINANCIAL ASSISTANCE
AVAILABLE!**

The YMCA of Burlington County is the not-for-profit 501(c)(3) charitable corporation that is building strong kids, families and communities through programs designed to improve an individual's spirit, mind and body.

Register ONLINE: www.ymca-bc.org



**Building Strong Kids,
Families and Communities**

Catch the Spirit!

GROUP I

This group is comprised of 15-18 year old swimmers as well as advanced 13-14 year olds. You will receive a high level of set training and conditioning, sprint technique for a sprint season, and dryland training.

Days/ Times:

Monday 6:30-9:00 pm

Tuesday 6:30-9:00

Wednesday 6:45-9:00

Thursday 3:15-5:30

Friday 3:15-5:15

Cost: Canes-\$220, Full Members-\$240, Program Members-\$280**GROUP II**

This group is geared towards 11-14 year olds. Stroke technique, training and fitness are stressed daily. The goal of swimmers and coaches is to be a better swimmer at the end of the training than when you began.

Days / Times:

Monday 5:20-6:30 pm (Riverfront)

Tuesday 3:45-5:15

Thursday 5:15-6:30

Friday 5:00-6:30

Cost: Canes-\$130, Full Members-\$145, Program Members-\$185**GROUP III**

This group is for 10-unders who must display that they can swim all four competitive strokes. THESE ARE NOT SWIM LESSONS. We stress stroke drills, kicking, fun and learning how to do set training.

Days/ Times:

Tuesday 3:45-5:00

Thursday 6:15-7:30

Friday 5:00-6:15

Cost: Canes-\$115, Full Members-\$130, Program Members-\$170