

**Who:** From age 5 & up; Swimmers must be able to complete 25 continuous yards of freestyle.  
YMCA membership required for all groups other than Masters.

**When:** Year Round

**Practice:** Practices are scheduled Monday through Thursday 5pm – 7pm  
Will vary depending on group

**Fees:** Annual registration fee of \$ 25.00 per child (includes cap and t-shirt)

Pups \$ 35/ month or \$ 245 annual fee

Minis \$ 38/ month or \$ 266 annual fee

Shortfins \$ 46/ month or \$ 322 annual fee

❖ Multiple child discount: \$ 5

❖ Payment on bank draft is highly recommended.

**How:** Register at the Front Desk

### **Description of Groups:**

❖ Pups: Intro group emphasizing the basic fundamentals of all 4 strokes. Novice competition encouraged.

❖ Mini-Makos: Intro/Intermediate group emphasizing refinement of all 4 strokes, starts & turns and introduction of racing strategies. Regular competition opportunities offered.

❖ Shortfins: Intermediate group emphasizing refinement of all 4 strokes, starts & turns and introduction of racing strategies, endurance training, and goal setting. Regular competition encouraged.

### **Head Coach**

Dave Teel

Greensboro Community YMCA

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### **Reidsville YMCA Coach**

Sara Guzek

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