Fall 2007

Introduction to NYAC Stroke Clinic

Swimmers aged 7-14 will be introduced to the Fall/Winter Competitive Team at the ***YMCA of Northern York***. Emphasis will be on stroke technique combined with endurance, correct practice habits, and mastering the skills necessary to be successful competitive swimmers. This program is for new and returning swimmers

All participants must be able to swim one length of the pool

Dates: September 11-14, 2007
September 18-21, 2007
Tuesday-Friday each week

11 and Under swimmers	6-7:15pm
12 and Over swimmers	7:15-8:30pm

Fees: **FREE**

If you will be a new swimmer to the NYAC program for the Fall/Winter 2007-2008, please complete the form below. If you are returning from the Summer, you do not need to fill out the form.

Family Name:_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone:_____

E-Mail Address: _____ E-Mail Address #2: _____

Emergency Contact: (Name and Phone) _____

Swimmer Last Name	First Name	M I	Gender	Birth date