



Over 30 Years of Competitive Swimming
in Central Pennsylvania

2008 Spring Senior Training



This program is for members of our competitive swimming team that swam in the Senior, or National Levels during the Winter of 2007-2008. Potential new members that would like to participate in this program should email Michael Gobrecht mike@wsyswim.org to obtain further information. All participants of this program **must be members of the YMCA**, and be able to meet criteria.

Clinic Dates: April 14-May 25, 2008

Schedule:

M/W/F	5:30-7AM	at YMCA	remains consistent
Fridays	4-6:15pm	at YMCA	remains consistent
Saturday	6:30-8:30am	at YMCA	remains consistent
Sunday	12-2:15pm	at YMCA	remains consistent

4/14-4/18 4-6:30pm at YMCA

4/21-4/25 4-6:15pm (M/W) at YMCA
6:30-8:45pm (T/TH) at YMCA

4/28-5/1 6-8:30pm at Messiah College

5/5-6 6-8:30pm at Messiah College
Wednesday 5/7 4-6:15pm at YMCA
Thursday 5/8 6:30-8:45pm at YMCA

Week of 5/12 and 5/19 4-6:15pm (M/W) at YMCA
6:30-8:45pm (T/TH) at YMCA

Fees: WSY Competitive Team Member: 2-day \$90
Unlimited \$150

Please be sure to complete the entire registration form. If you swam with WSY in the Winter, provide name and any updated information along with payment

Swimmer Name: _____ Birth Date _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

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

Emergency Contact: (Name and Phone) _____