

## HIT THE DECK RUNNING THIS FALL

Registration is now open for the Y's Late Summer "**Pre-season Competition Swimmer Conditioning**", a program we began three summers ago.

This program is described as:

Competition swim conditioning in 50-meter outdoor pool. Particularly geared for the swimmer who begins competition in early fall, such as **college swimmers and fall season HS swimmers (HS Girls)**, and HS boys who do not swim during the summer. The swimmer, aged 13 and over, should be entering Freshman year of high school or beyond. Ask your swim coach if this sounds good for you. You need not be on the Mako Swim Team to participate, however the workouts will be developed under the guidance of the swim team. You will also do some "spinning". Bring gym clothes and gym shoes on Mondays and Thursdays.

The program runs in the afternoons M-F afternoons beginning at 4:00 PM from August 2 - August 27 and the cost is \$200.00 for the 4 week program. If you wish to enroll only in specific weeks, you may enroll by the week at \$65 per week. Program codes and hours are noted below.

**Register at the Greenknoll YMCA front desk – bring this flyer to make it easy.**

### Late Summer Pre-season Competition Swimmer Conditioning: Beginning 8/2 – Ending 8/27/10

Group	Age Range	Monday	Tuesday	Wednesday	Thursday	Friday	Fee /Program Code
<b>OUTDOOR POOL</b>							
Pre-Season Competition Swimmer Conditioner!	13 yrs and older (Minimum grade - incoming High School Freshman)	Spin 4:00 – 4:45  Swim 5:00 - 6:30 PM	Swim  4:00 – 6:00 PM	Swim  4:00 - 6:00 PM	Spin 4:00 – 4:45  Swim 5:00 - 6:30 PM	Swim  4:00 – 6:00 PM	\$200  Session: 10LC  Reg. Code: 03AQAUG

**Program codes for by-the-week enrollment:**

Week 1 (Aug 2-6):	Session: 10LC	03AQAUGW1	\$65
Week 2 (Aug 9-13):	Session: 10LC	03AQAUGW2	\$65
Week 3 (Aug 16-20):	Session: 10LC	03AQAUGW3	\$65
Week 4 (Aug 23-27):	Session: 10LC	03AQAUGW4	\$65

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