

TOPS

 YMCA Swim Team

TOPS Small Group Lessons March 2011

What: Focused, semi-private instruction for swimmers committed to improving their fundamentals & technique.

Where: West Cook YMCA Pool – 255 S. Marion St.

Group	Dates	Days	Time	Ages	Available Slots	Cost
A	3/7/11 - 3/23/11	Mon / Wed / Fri	5pm - 6pm	8 to 12	10	\$125
B	3/7/11 - 3/23/11	Mon / Wed / Fri	6pm -7pm	8 to 14	20	\$125
C	3/8/11- 3/22/11	Tues / Thurs	5.15 - 6	7 & under	20	\$65
Spring Break						
D	3/28/11 - 4/1/11	Mon / Wed / Fri	5pm - 6pm	8 to 12	20	\$50
E	3/28/11 - 4/1/11	Mon / Wed / Fri	6pm -7pm	8 to 14	20	\$50
Spring Break						
F	3/29/11 & 3/31/11	Tues / Thurs	5.15 - 6	7 & under	20	\$30
G	4/4/11 - 4/15/11	Mon / Wed / Fri	5pm - 6pm	8 to 12	20	\$95
H	4/4/11 - 4/15/11	Mon / Wed / Fri	6pm -7pm	8 to 14	20	\$95
I	4/5/11 -4/14/11	Tues / Thurs	5.15 - 6	7 & under	20	\$50

Expectations:

Commitment: Small group lessons are made available for swimmers who are willing to make an extra commitment to improve their swimming fundamentals and technique. Because these spots are limited, swimmers who obtain a spot in these lessons are expected to be present for all lessons. If at anytime they can no longer maintain a regular commitment to their small group, please notify the coach and make the space available for another swimmer.

Timeliness: As with practice, time is precious. Swimmers should arrive 10-15 minutes before their small group, change, stretch, and be ready to begin at their scheduled time with all regular equipment. Lateness will result in the swimmer missing out on important steps in the stroke development process. Please make it a priority to be on time for the benefit of all team members.

Registration:

Registration will be available at the YMCA on Monday 2/28/11.

Due to The West Cook YMCA operation systems change online registration will not be available until further notice.

If you have any questions please contact Gunnar Schmidt at 708.434.0228 or at gschmidt@westcookymca.org