

TOPS

YMCA Swim Team

**BE GREEN-
USE
ON-LINE
REGISTRATION!**

TOPS Small Group Lessons Long Course 2010

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

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

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| Registration: Session = LC10 Class = AQ947[] | <i>*Group Ratios will not exceed 4 swimmers / 1 coach.</i> | |
| Tiny TOPS & New 8 & Unders Tu/Th – 5:15-6:00pm | AQ947A - \$72 Mar 2, 4, 9, 11, 16, 18 | AQ947B - \$72 Mar 25, 30, Apr 1, 6, 8, 13, 15 |
| <i>These lessons are open to TOPS swimmers of any age, any group.</i> | | |
| Mar 1-12, MWF | AQ947C – 5-6pm - \$90 | AQ947D – 6-7pm- \$90 |
| Mar 15-26, MWF | AQ947E – 5-6pm - \$90 | AQ947F – 6-7pm- \$90 |
| Mar 29 – Apr 2, MWF (Spring Break) | AQ947G – 5-6pm - \$45 | AQ947H – 6-7pm- \$45 |
| Apr 5-16, MWF | AQ947I – 5-6pm - \$90 | AQ947J – 6-7pm- \$90 |

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:

To register, please log onto the YMCA's online registration system via www.WestCookYMCA.org, or stop by the membership services desk at the YMCA. To find the small groups online, after logging in, select the "Program Search" button on the left, and search for Session "LC10." All current season TOPS Programs will appear. Select the small groups you wish to register for, and proceed with the checkout process.

If registering at the Membership Services desk at the YMCA, please be sure to provide the correct class code from the above table. All payments must be made at the time of registration for Small Groups. All previous season balances must be paid in full in order to participate.

Questions??? Contact Patrick Curran at 708.434.0228 or PCurran@westcookymca.org