get a jump start on summer swim team with 10 weeks of

**WINTER WARM UP**

- All levels and abilities
- Strengthen stroke technique
- Practice starts and turns
- Build muscle strength and endurance
- Develop a race strategy
- Fun and positive environment

**YWCA Lower Cape Fear**
2815 S. College Road
Wilmington, NC 28412
(910) 799 6820 ext. 109
pool@ywca-lowercapefear.org
www.ywca-lowercapfear.org

For a complete schedule of programs and classes, fees or other information on the YWCA Aquatics Program contact the YWCA Pool at (910) 799-6820, ext. 109. or visit our website at www.ywca-lowercapefear.org
**CHOOSE YOUR GROUP**

Based on your swim level.

**Mini Barracuda | Ages 6 & under**

(25 swimmers max) $145.00

Introduction to competitive swimming. Children must meet the minimum requirements of 12.5 yards of both freestyle and backstroke.

**Novice I Barracuda | Ages 8 & under**

(50 swimmers max) $170.00

For swimmers who can complete 25 yards of freestyle and backstroke and have been introduced to breaststroke and butterfly. Program concentrates on proper stroke technique of all four strokes, diving for starts, and building endurance through fun and structured training.

**Novice II Barracuda | Ages 8 & under**

(50 swimmers max) $195.00

For swimmers who can complete 25 yards of all four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). This group concentrates on improving stroke technique, starts, building endurance and stamina, and improving speed.

**Age Group Barracuda I | Ages 9 & up**

(50 swimmers max) $170.00

For swimmers who can complete 50 yards of freestyle and backstroke, and have been introduced to breaststroke and butterfly. This program will concentrate on proper stroke technique for all four strokes, starts and turns.

**Age Group Barracuda II | Ages 9 -12**

(50 swimmers max)

**Age Group Barracuda III | Ages 13 & up**

(25 swimmers max) $195.00

For swimmers who can complete 50 yards of all four strokes. Through structured workouts these groups build strength, endurance, speed, and stroke enhancement. These groups put emphasis on start and turn techniques.

---

**WINTER WARM UP SCHEDULE**

**Mini Barracuda**

Tuesday & Thursday
3:15 - 4:00 PM

**Novice I Barracuda**

Monday, Wednesday & Friday
3:30 - 4:30 PM

Tuesday & Thursday
4:00 - 5:00 PM

**Novice II Barracuda**

Tuesday & Thursday
5:00 - 6:00 PM

**Age Group Barracuda I**

Monday, Wednesday & Friday
4:30 - 5:30 PM

**Age Group Barracuda II**

Monday, Wednesday & Friday
5:30 - 6:30 PM

**Age Group Barracuda III**

Based on your swim level.

(Includes parents and children)

**YWCA Membership Required for Participation**

**Annual Membership Fees**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>$55</td>
</tr>
<tr>
<td>(Includes parents and children)</td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$35</td>
</tr>
<tr>
<td>Senior Individual</td>
<td>$30</td>
</tr>
<tr>
<td>(60 years old &amp; up)</td>
<td></td>
</tr>
<tr>
<td>Youth Membership</td>
<td>$25</td>
</tr>
<tr>
<td>(17 years old &amp; under)</td>
<td></td>
</tr>
</tbody>
</table>

**YWCA Membership is Mission-Driven**

Mission-driven members value the belonging to the organization, supporting YWCA’s mission and impact.

**For questions concerning YWCA’s Barracuda Winter Warm Up, please reach out to**

Lance Tate, Aquatics Director
(910) 799-6820
pooldir@ywca-lowercapefear.org

**Sign up starts Monday, December 13th at 9:00 AM**