

ALL PROGRAMS REQUIRE YWCA  
MEMBERSHIP:

Family Membership  
(parents and children) \$55

Individual Membership \$35

Individual Senior Membership  
(60 and older) \$30

Youth Membership  
(up to age 17) \$25

**note**

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](http://www.ywca-lowercapefear.org)

**Please see guidelines during restrictions for Covid-19 for YWCA Aquatics on our website at :**

**[www.ywca-lowercapefear.org](http://www.ywca-lowercapefear.org)**

YWCA Lower Cape Fear  
2815 South College Road  
Wilmington, NC 28412

**barracuda swim team  
summer swim training  
June 15-Aug. 14**

**eliminating racism  
empowering women  
ywca**

YWCA of the  
Lower Cape Fear, Inc.  
2815 South College Rd  
Wilmington, NC 28412  
Tel: 910-799-6820  
[www.ywca-lowercapefear.org](http://www.ywca-lowercapefear.org)

# **ywca barracuda summer swim team training june 15-aug.14**

The YWCA is proud to offer the Barracuda Summer Swim Team Training starting Monday, June 15th and lasting for eight weeks. No practice June 29-July 3rd. This Summer Swim Team Training allows all levels of ability to strengthen their stroke technique, starts, turns, muscle strength, endurance, and race strategy in a fun and positive atmosphere. The goal of this program is to promote the sport of swimming as fun, healthy, disciplined and a activity to enjoy throughout life. Swimming has the added benefit of being a team and individual sport. Working together as a team in a relay or measuring one's personal improvement is the diversity the sport of swimming offers.

There are six available groups to participate in. They are as follows:

**Monday/Wednesday 3:30-4:30pm**  
(12 Max) Ages 5-8 \$150.00

This program is for those who can complete 25 yards of all four competitive strokes. This group concentrates on improving stroke technique, starts, building of endurance and stamina, and improving speed.

**Monday/Wednesday 4:30-5:30pm**  
(12 Max) Ages 8-10 \$150.00

This program is for those who can complete 50 yards of all four strokes. Through structured workouts these groups builds strength, endurance, speed and stroke enhancement.

**Tuesday/Thursday 3:30-4:30pm**  
(12 Max) Ages 11 and over \$150.00

This program is for those who can complete 50 yards of all four strokes. Through structured workouts these groups builds strength, endurance, speed and stroke enhancement.

**Tuesday/Thursday 4:30-5:30pm**  
(12 Max) Ages 13 and over \$150.00

This program is for those who can complete 50 yards of all four strokes. Through structured workouts these groups builds strength, endurance, speed and stroke enhancement.

**Fridays 3:30-4:30pm**  
(12 Max) Ages 5-8 \$75.00

This program is for those children who can complete 25 yards of freestyle and backstroke and have been introduced to breaststroke and butterfly. This program will concentrate on proper stroke technique of all four strokes. The staff will also concentrate on diving technique and building of endurance and stamina through fun, yet structured training.

**Fridays 4:30-5:30pm**  
(12 Max) Ages 9 and over \$75.00

This is for those 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 of all four strokes.

**For questions concerning the  
Barracuda Winter Warm-up please feel free to  
contact Aquatics Director Lance Tate  
799-6820 ext.110**

**SIGN UP STARTS Monday, June 8th**