

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

Lockers are available for personal items, but remember to bring your own lock.

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

The YWCA Pool is located at 2815 South College Road.

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

**barracuda swim team
winter warm-up
feb. 15-april 20**

**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

ywca barracuda swim team winter warm-up feb.15th-april 20th

The YWCA is proud to offer the Barracuda Winter Warm-up starting Monday, February 15th and lasting for ten weeks. This program is a jump-start to our summer swim team. This Winter Warm-up 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:

**Mini-Barracuda (12 swimmers max)
(ages 6 and under) \$145.00**

This program is designed to introduce children to competitive swimming. Children must meet the minimum requirement of 12 1/2 yards of both freestyle and back-stroke. Coaches will work closely with children to develop proper stroke technique and skills in all four strokes.

**Novice I Barracuda (24 swimmers max)
(ages 8 and under) \$170.00**

This program is for those children who can complete 25 yards of freestyle and back-stroke and have been introduced to breast-stroke 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.

**Novice II Barracuda (24 swimmers max)
(ages 8 and under) \$195.00**

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.

**Age Group Barracuda I (24 swimmers max)
(ages 9 and up) \$170.00**

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. Starts and turns will also be heavily emphasized.

**Age Group Barracuda II (24 swimmers max)
(Ages 9 and up) or
Age Group Barracuda III (12 swimmers max)
(Ages 13 and up) \$195.00**

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. This group puts emphasis on start and turn techniques as well.

Mini-Barracuda
Tuesdays & Thursdays
3:15-4:00 pm

Novice I Barracuda
Tuesdays & Thursdays
4:00-5:00 pm

Novice II Barracuda
Mondays, Wednesdays & Fridays
3:30-4:30 pm

Age Group Barracuda I
Tuesdays & Thursdays
5:00-6:00pm

Age Group Barracuda II
Mondays, Wednesdays & Fridays
4:30-5:30 pm

Age Group Barracuda III
Mondays, Wednesdays & Fridays
5:30-6:30 pm

**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, DECEMBER 14th
at 9:00 a.m.**