



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAYS SPRING SWIMMING

Offered at the Y & Ridley High School Pool between April 7-May 22

If you did not participate in the RAYS program this past winter, please contact Coach Erik at enelson@cyedc.org prior to registration.

The Levels listed below are not equivalent to swim lessons, please ask if interested.

WAYS – Silver, Gold, & Platinum

For RAYS Silver, Gold, & Platinum swimmers looking to continue their training.

Mon-Thurs	7-9pm	RHS
Friday	4-5:15pm	RY
Saturday	11:30am-1:30pm	RHS
Cost: Mem:	\$310	Non: \$620

WAYS – Level 4 & 5

For RAYS Level 4 & 5 competitive swimmers looking to continue their training.

Mon/Wed	7-8pm	RY
Tues/Thurs	5:30-7pm	RHS
Saturday	9-10am	RHS
Cost: Mem:	\$190	Non: \$380

WAYS – Bronze & HS Competitive Swimmers

For RAYS swimmers in Bronze plus new HS competitive swimmers looking to continue their training.

Mon/Wed	5:30-7pm	RHS
Tues/Thurs	7:30-9pm	RY
Saturday	10-11:30am	RHS
Cost: Mem:	\$225	Non: \$450

WAYS – Level 2 & 3

For RAYS Level 2 & 3 competitive swimmers looking to continue their training.

Tue/Thurs	5-6:15pm	RY
Friday	6-7pm	RY
Saturday	9-10am	RHS
Cost: Mem:	\$150	Non: \$300

WAYS – Level 6 & 7

For RAYS Level 6 & 7 competitive swimmers looking to continue their training.

Mon/Wed	8-9pm	RY
Tues/Thurs	5:30-7pm	RHS
Saturday	10-11:30am	RHS
Cost: Mem:	\$200	Non: \$400

WAYS – Competitive Clinic

This clinic is for competitive swimmers with swim team experience. (WAYS Level 1, 2, & Orange Group)

Mon/Wed/Fri	5:15-6pm	RY
Cost: Mem:	\$100	Non: \$200

WAYS – Developmental Clinic

Must be able to swim the length of the pool with rotary breathing. (Green Group)

Mon/Wed	4:30-5:15pm	RY
Cost: Mem:	\$75	Non: \$150

Please realize programs will not pro-rate.