



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Join us at the YMCA to SWIM FAST for summer swimming!

The GCY Makos are offering a fun opportunity for summer swimmers to get ready for the upcoming CSA season. Each week’s practice will include stroke technique, starts, turns, and conditioning.

Location	Days	Time	Ages
Bryan YMCA	M,T,W,TH	3:30-4:30pm	All ages and levels
Bryan YMCA	T/TH	4:30-5:15pm	10&Under
Bryan YMCA	T/TH	6:30-7:30pm	All ages and levels
Bryan YMCA	M/W	7:30-8:30pm	All ages and levels
Bryan YMCA	T/TH	7:30-8:30pm	All ages and levels
Bryan YMCA	M,T,W,TH	7:30-8:30pm	All ages and levels
Spears YMCA	T/TH (F*)	4:30-5:15pm	10&Under
Spears YMCA	M/W (F*)	4:30-5:15pm	9&Older
Ragsdale YMCA	T/TH	4:00-4:45pm	12&Under
Reidsville YMCA	M/W	4:30-5:30pm	10&Under
Reidsville YMCA	M/W	5:30-6:30pm	11&Older
Reidsville YMCA	T/TH	4:30-5:30pm	10&Under
Reidsville YMCA	T/TH	5:30-6:30pm	11&Older
Reidsville YMCA	M,T,W,TH	4:30-5:30pm	10&Under
Reidsville YMCA	M,T,W,TH	5:30-6:30pm	11&Older

Pricing Structure	Member/Potential-Member Rates		
	March 4th-May 31	April 1-May 31	April 15-May 31***
2-day/week option	\$95/\$120	\$80/\$100	\$70/\$80
All-access option*	\$120/\$160**	\$100/\$140**	\$80/\$120**

*Friday is a make-up day for all groups at Spears YMCA
**All access option available for the Bryan YMCA evening classes and Reidsville YMCA only.
*** Late swimmers accepted through week of April 29th

You may sign-up at the front desk of any location.
Please contact Coach Brad Herndon with questions:
336 478-9635 or gcymakos@gmail.com

Office Codes:
Bryan – MAR14 04STMAKO
Spears – MAR14 05STMAKO
Ragsdale – MAR14 07STMAKO
Reidsville – MAR14 08STMAKO