



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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

The **GCY Makos**, the area’s highest ranked USA Swim Team, is offering a fun opportunity for summer swimmers to get ready for the upcoming summer league season. Each week’s practice will include stroke technique, starts, turns, and conditioning. **Limited space is ALSO available on our competitive team for those wishing to compete through the long course season (ends August 2nd) in conjunction with summer league!**

Location	Days	Time	Ages
Bryan YMCA	M,T,W,TH	3:30-4:30pm	All ages and levels
Bryan YMCA	T/TH	4:30-5:30pm	10&Under
Bryan YMCA	M/W	4:30-5:30pm	9&Older
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*)	4:15-5:15pm	10&Under
Spears YMCA	M/W (F*)	4:15-5:15pm	9&Older
Ragsdale YMCA	T/TH	4:00-5:00pm	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 3rd-May 30	March 31-May 30	April 14-May 30***
2-day/week option	\$95/\$125	\$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