

Porpoise Club

2010

Updated Schedule

Swimmers will work on stroke refinement, flip turns, speed improvement and starts. It is also a great way to stay in shape and get some exercise. Porpoise club is designed for intermediate to advanced level swimmers. Participants should be able to swim at least one length on front and back and have a basic understanding of freestyle, backstroke and breaststroke. Ages 6 & Up. (Registration ends the Friday before Porpoise Club starts on Monday, Late registrations will be charged a \$5.00 late fee).

Porpoise Club is now offered on Mondays & Wednesdays from 5:30 - 6:30

January Session: Jan. 4 - 27 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$85 Non-members Registration Code: Jan10 07AQSLPC	April Session: Apr. 5 - 28 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$85 Non-members Registration Code: Apr10 07AQSLPC
February Session: Feb. 1 - 24 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$80 Non-members Registration Code: Feb10 07AQSLPC	May Session: May 3 - 26 1 day a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$85 Non-members Registration Code: May10 07AQSLPC
March Session: Mar. 1- 24 1 days a week: \$30 Members \$55 Non-members 2 days a week: \$45 Members \$80 Non-members Registration Code: Mar10 07AQSLPC	Happy Summer! Porpoise Club will resume in September! Sign up for a Stroke Clinic or Synchronized Swimming Camp this summer! Details TBA

Mary Perry Ragsdale Family YMCA
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 Jamestown, NC 27282
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The mission of the YMCA is to put Judeo-Christian Principles into practice through programs that build a healthy, mind, spirit and body for all.