



SYNCHRONIZED SWIMMING

Ragsdale Family YMCA

Session Dates

Winter I: November 5 & 19; December 3 & 10

Winter II: December 31; January 14, 21 & 28

Winter III: February 4, 11, 18 & 25

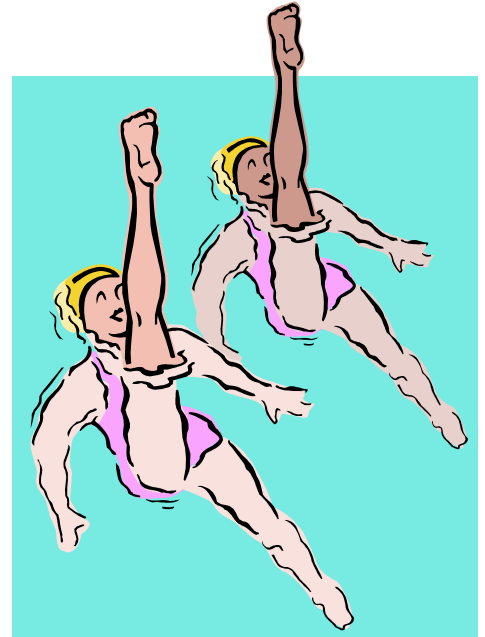
Class Day: Thursday

Ages 6 – 11 5:30- 6:30 p.m.

Ages 12 – 18 6:30-7:30 p.m.

Session Costs \$20 Members; 30 Non-Members

All class times and availability are subject to change.



Synchronized Swimming is a combination of dance and gymnastics in the water! Swimmers will learn basic beginner synchro skills individually and as a part of a team. Swimmers will also participate in dry land exercises and swim laps to build strength and endurance. Prerequisite: Ability to swim 1 length of the pool freestyle/front crawl, ability to tread water and float, ages 6 –18. Sign up Today!!! Please Register at the front desk. (Registration will end the Tuesday before the session starts on Thursday.)

Please contact Katherine Page, Aquatics Director at (336) 882-9622
or katherine.page@ymcagreensboro.org with any questions.

Mary Perry Ragsdale Family YMCA 900 Bonner Dr. Jamestown, NC 27282
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