



# SYNCHRONIZED SWIMMING

**Ragsdale Family YMCA**

## 2010 Spring Session Dates

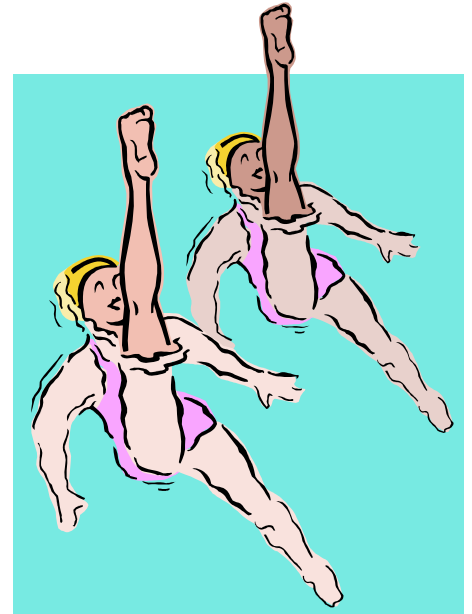
**Spring I: March 4, March 11, March 18 & March 25**  
Session Costs \$20 Members; \$30 Non-Members

**Spring II: April 8, April 15, April 22, & April 29**  
Session Costs \$20 Members; \$30 Non-Members

**Class Day: Thursday**

**Ages 6 – 11, 5:30- 6:30 p.m.**

**Ages 12 – 18, 6:30-7:30 p.m.**



All class times and availability are subject to change.

**Bring this flyer to the Y & Receive 15% off a spring 2010 session!**

\*Offer only valid for 1<sup>st</sup> time participants. One per participant.

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 (25 yards) 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](mailto:katherine.page@ymcagreensboro.org) with any questions.

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