



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAST LANE

This is a conditioning program designed for the experienced swimmer who wants to work on improving technique and building endurance

Practices May 6th–May 17th

**Group A: Grades 9–12 Swimmers
Monday–Thursday 3:15p–5:00p
FEE: \$42.00**

REGISTRATION: APRIL 1st

**Group B: Intermediate Swimmers
Monday–Thursday 5:00p–6:00p
FEE: \$38.00**

**Must be a current team member or have permission from
Phantoms Head Swim Team Coach, Doug Nist at:
dnist@ymcastark.org**

**Contact:
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Paul and Carol David YMCA
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330.830.6275**