

Tyde Masters Swim Team

Jerry Long YMCA!

Sign Up Is On-going!

- **Starting 4/12/10-Practice
Mon,Tue,Thu,Fri: 6am-7am**

• **Pricing Packages:**

**3 month (Unlimited Practices)=
\$120 Members/ \$170 Non-Members**
**3 month (2 practices/Wk)=
\$90 Members/ \$125 Non-Members**

**Opportunity to compete in meets! Cost is
\$37/ year to register as US swimmer**

Extras:

- **Team activities, Goal setting,
Stroke improvement, under
water cameras available!**
- **Not sure if it's your thing??-Try one
practice free!!**
- **Coaches: Jennifer Ellington/Doug Ford**

Contact Sandy Thomerson for more information
at 336-712-2000 ext. 103



Prepare Youth and Teens to Succeed
Strengthen & Support Families
Develop Caring Communities
Adopt Healthy Living Habits