

Regional YMCA of Western CT Mako Swim Team

"AM Conditioning Clinic" in the 50 Meter Outdoor Pool

Group	Age Range	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Optional <i>Extra</i> Conditioning & Skill Workouts (Begins ~ June 23 thru July 23)	Long course team members only \$100 - AG2 thru SR2 (under 10 yrs only w/ coach approval)	7 - 9am	7 - 9am	7 - 9am	7 - 9am	7 - 9am	na
Conditioning & Skill Workouts (Begins ~ June 23 thru July 23)	Non-team members \$200 - 10 yrs through HS (under 10 yrs only w/ coach approval) - no swim meets - must also have full YMCA membership or Program Membership	7 - 9am	7 - 9am	7 - 9am	7 - 9am	7 - 9am	na

This clinic begins when Brookfield public schools end for the year (approx June 23, 2010) and runs through July 23, 2010. Non-Mako swimmers are welcome to join this practice group, which focuses on conditioning and skills for \$200. Non Mako members must have at least a program membership with the YMCA. If you are not concurrently on the Mako swim team you will not be eligible to compete at swim meets with the team. Mako swimmers aged 10 and up, AG2 through the Senior 2 practice groups who are enrolled in the Long course 2010 season may add this "ala carte" for \$100.

How to register:

Mako swimmers: Add this to the "other" line on your Payment Worksheet and write in "AM Conditioning" and add \$100.00 to your payment.

Non Mako swimmers: Complete the [Payment Worksheet Summer Conditioning for Non-Team Members](#) and register at the front desk of the Greenknoll YMCA.