



**2012 WINTER/SPRING INDOOR
AQUATIC PROGRAMS**

Registration Dates: Members - November 14; Program Participants - December 5.

Registration Worksheet	Preschool 3 - 5 years	Youth 6 - 13 years	Adult 14 years & older	YMCA Lifeguarding 16 years & older
Session 4	Monday/Wednesday Jan. 2 - Jan. 25 8 classes	4E. 5:10-5:45pm	4D. 4:15-5:05pm	4F. 8:00-8:50pm
	Tuesday/Thursday Jan. 3 - Jan. 26 8 classes	4C. 10:10-10:45am 4G. 1:00-1:35pm 4I. 5:10-5:45pm	4H. 4:15-5:05pm	Lifeguarding - Winter Tue/Thur Evenings Jan. 3 - Feb. 9 (6:15pm - 9:15pm)
	Saturday Jan. 7 - Feb. 11 6 classes	4J. 10:00-10:35am 4K. 10:40-11:15am	4L. 11:20-12:10pm 4M. 12:15-1:05pm	
Session 5	Monday/Wednesday Jan. 30 - Feb. 22 8 classes	5D. 4:15-4:50pm	5E. 4:55-5:45pm	5F. 8:00-8:50pm
	Tuesday/Thursday Jan. 31 - Feb. 23 8 classes	5C. 10:10-10:45am 5G. 1:00-1:35pm 5H. 4:15-4:50pm	5I. 4:55-5:45pm	
Session 6	Saturday Feb. 25 - Mar. 24 5 classes	6J. 10:00-10:35am 6K. 10:40-11:15am	6L. 11:20-12:10pm 6M. 12:15-1:05pm	
	Monday/Wednesday Feb. 27 - Mar. 21 8 classes	6E. 5:10-5:45pm	6D. 4:15-5:05pm	6F. 8:00-8:50pm
	Tuesday/Thursday Feb. 28 - Mar. 22 8 classes	6C. 10:10-10:45am 6G. 1:00-1:35pm 6I. 5:10-5:45pm	6H. 4:15-5:05pm	Lifeguarding - Spring Tue/Thur Evenings Mar. 1 - Apr. 17 (6:15pm-9:15pm) No class 4/3 and 4/5
Session 7	Monday/Wednesday Apr. 9 - Apr. 25 6 classes	7D. 4:15-4:50pm	7E. 4:55-5:45pm	7F. 8:00-8:50pm
	Tuesday/Thursday Apr. 10 - Apr. 26 6 classes	7C. 10:10-10:45am 7G. 1:00-1:35pm 7H. 4:15-4:50pm	7I. 4:55-5:45pm	Lifeguarding - Spring Break Mar. 30 (6:00pm-9:30pm) Mar. 31 (9:00am-5:00pm) Apr. 2 - Apr. 6 (9am-5pm)
	Saturday Apr. 14 - Apr. 28 3 classes		7L. 11:20-12:10pm 7M. 12:15-1:05pm	
Program Fees	Preschool	Youth	Adult	YMCA Lifeguarding
YMCA Members	5 classes - \$57	3 classes - \$37	6 classes - \$72	Lifeguarding - \$200
	6 classes - \$68	5 classes - \$62	8 classes - \$96	
	8 classes - \$91	6 classes - \$74		
Program Participants	5 classes - \$68	3 classes - \$54	6 classes - \$105	Lifeguarding - \$250
	6 classes - \$81	5 classes - \$90	8 classes - \$140	
	8 classes - \$109	6 classes - \$108		
	8 classes - \$144			

Competitive Programs
Mini Competitor (5-8 years) & Jr. Competitor (9-16 years)

Mini-Competitor is for our younger swimmers as an introduction to pre-competitive swimming.
Jr. Competitor is for swimmers interested in becoming more competitive.

All returning participants must receive a recommendation. All new participants must be evaluated before registration day. Evaluations may be scheduled at 469-9592.

Competitor Program Classes meet 2 times a week (M/W or T/Th) and 3 Saturdays. Please see the schedule below.

Monday / Wednesday	Tuesday / Thursday
January 2 - March 28 5:50 - 6:40pm	January 3 - March 29 5:50 - 6:40pm
Time Trials (all groups) Jan. 14, Feb. 25 & Mar. 24 1:15-2:30pm	
Members \$235 Program Participants \$282	

First Strokes Clinics

First Strokes are for children 18 months to 3 years old with their parents. These *Swim for Life* clinics focus on parents working with their children in the water under the guidance of a swim instructor. First Strokes are available to Cary/Triangle Y members only.

Clinic fees are \$10 per session. Clinics will be offered on the following Saturdays:
Jan. 7, Feb. 11, Mar. 24 from 10:00-10:30am.

Class dates, information, and fees are accurate at the time of publication. However, the swim lesson schedule and class fees are subject to change. For the most up-to-date program information, please visit our website.

Track Out Swim Lessons

Track-Out campers have the opportunity to participate in Track-Out swim lessons. Campers enrolled in the 9:30am lessons are taken to/from lessons by a counselor. This ONLY applies to the 9:30am lessons. Track-Out swim lessons are also available to children ages 6 - 13 who do not attend Track-Out camp at the Cary Family YMCA. Classes are Tuesday/Thursday from 9:30am-10:05am.

Track 4: Jan. 3 - Jan.19**	Members
Track 3: Jan. 24 - Feb. 2*	4 classes - \$45
Track 2: Feb. 14 - Mar. 1**	6 classes - \$68
Track 1: Mar. 6 - March 22**	Program Participants
	4 classes - \$54
*4 Classes; **6 Classes	6 classes - \$81