






## Meet the Coaches


 **Deb Gambon**—Deb has been with S.A.I.L as an area representative, stroke & turn judge, and coach for 16 years. She brings with her years of experience as both a coach and competitive swimmer.


 **Caroline McDonald**—Caroline has participated in both club swimming and summer leagues. She has a talent for working with children and breaking down the strokes to the simplest forms.

 **Pam Ogle**—Pam swam competitively throughout high school. She now uses her talent as she competes in triathlons, coaches the Wave program at the YMCA, and assists with her S.A.I.L swim team.

 **Lynn Peelman**—Lynn swim competitively up through high school for a local club team. While at college, she helped coach the Greenwood YMCA swim team and now uses her skills to coach the Wave program here at the Golden Strip YMCA.

 **Allyson Seitzer**—Allyson grew up swimming throughout high school and continues to swim on a club team while at college. Allyson has utilized her love for children, and talent for swimming, to coach the Neely Farm swim team for the past 3 summers.

 **Laura Harwood**—Laura swam competitively throughout high school and has been teaching swimming for over 20 years. She has experience coaching summer leagues, stroke & turn clinics, and YMCA lessons.

 **Allyson Schaeffer**—Allyson has been swimming for many years as she grew up in Arizona and then moved to the area and swam for Team Greenville. Allyson enjoys working with the younger children and help them develop their stroke from the very beginning.

## Dear Parents,

The YMCA has been teaching and developing swim lessons for over one hundred years! Here at the YMCA of Greenville, we follow that tradition by offering a wide variety of aquatic programs, and maintain a personal relationship with each individual.

The Stroke & Turn clinics are a series of classes designed to take the student's knowledge of each competitive stroke and refine the technique. The coaches use several techniques to develop proper swimming habits. These include, but are not limited to, in-water and dry-land exercises .

Students will be grouped together and exercise according to their ability. **Although these classes have room to develop all skill levels, each student must have a working knowledge of the given stroke and be able to swim 25 yds continuously of that specific stroke.**

These clinics are designed to be non-competitive swim instruction and is a great way for a child to stay in optimal condition and to prepare them for the summer swim leagues. You may sign up for specific clinics for specific strokes, or sign up for the entire series. Those who enroll in the entire series will get 20% off the total price. Space is limited to 20 students and is awarded on a first-come, first-served basis.

If you have any questions, please contact Reuben Hawks at 963.3605 or [rhawks@ymcagreenville.org](mailto:rhawks@ymcagreenville.org).



**YMCA**

We build strong kids,  
strong families, strong communities.

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# Youth & Teen



## Stroke & Turn Series



# Spring Session

## April—May, 2009



*The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.*

## Step 1: Register Student

(Print only)

Name \_\_\_\_\_

Birth Date / / (circle one) Male / Female

Home Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Mobile/Work Phone \_\_\_\_\_

Medical Concerns \_\_\_\_\_

### Freestyle Clinic (April 26)

Registration Begins: April 20  
Member Fee: \$12  
Non-Member Fee: \$18  
Registration closes April 26

### Breaststroke Clinic (May 3)

Registration Begins: February 4  
Member Fee: \$12  
Non-Member Fee: \$18  
Registration closes May 2

### Backstroke Clinic (May 10)

Registration Begins: February 4  
Member Fee: \$12  
Non-Member Fee: \$18  
Registration closes May 9

### Butterfly Clinic (May 17)

Registration Begins: February 4  
Member Fee: \$12  
Non-Member Fee: \$18  
Registration closes May 16

### Starts & Turns Clinic (May 31)

Registration Begins: February 4  
Member Fee: \$12  
Non-Member Fee: \$18  
Registration closes May 30

Space is limited to 20 students per class!!

## Step 2: Choose Class

Session: 09SPR

**Sunday, Apr 26**

### Freestyle

Age 6-10 (3:00pm-4:00pm)

Age 11-18 (3:00pm-4:30pm)

04AQS&TFREE

**Sunday, May 3**

### Breaststroke

Age 6-10 (3:00pm-4:00pm)

Age 11-18 (3:00pm-4:30pm)

04AQS&TBRST

**Sunday, May 10**

### Backstroke

Age 6-10 (3:00pm-4:00pm)

Age 11-18 (3:00pm-4:30pm)

04AQS&TBACK

**Yes!** Sign me up for all 5 clinics.

**Receive 20% off total price!**

**Sunday, May 17**

### Butterfly

Age 6-10 (3:00pm-4:00pm)

Age 11-18 (3:00pm-4:30pm)

04AQS&TBFLY

**Sunday, May 31**

### Starts & Turns

Age 6-10 (3:00pm-4:00pm)

Age 11-18 (3:00pm-4:30pm)

04AQS&TSTRT

**\*\*Participants are encouraged to bring goggles and a water bottle.**

## Step 3: Sign Registration

### Release of Liability

In the event an accident occurs, I am aware that the YMCA does not provide accidental insurance, and I will not hold the YMCA responsible for any injury. The YMCA has my permission to take photographs of my child and use them in promotional materials (brochures, member newsletters, etc.)

\_\_\_\_\_  
(Signature of Parent/Guardian/Participant)

\_\_\_\_\_  
(Date)

### Cancellation Policy

I understand there is a minimum of 3 participants required to constitute a class for swim lessons. If classes are cancelled due to weather or any other reason that the YMCA deems necessary, the following measures will be taken: Upon the first and second incidents the lessons will be made up. Upon any incident there after, the lessons will be lost and a credit will be granted. I understand that I need to notify the YMCA at least 48 hours before the start of a session that I will not be attending in order to receive a credit. **Refunds will not be given for missed lessons.**

\_\_\_\_\_  
(Signature of Parent/Guardian/Participant)

\_\_\_\_\_  
(Date)