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**[www.wmaymca.com](http://www.wmaymca.com)**

## 2009 SWIM TEAM TRYOUT SCHEDULE

### INTERESTED IN COMPETITIVE SWIMMING?

We have a comprehensive Swim Training Program including pool practice, functional training, lifting, coach meetings and yoga. Each practice group has a different training schedule. Additional information as to practice group descriptions, training schedules and fees is available at the YMCA or by calling Coach Ray Fischer (973) 366-1120, ext. 22.

A Swim Team Information Meeting, including meeting some of the coaches and a facility tour, is scheduled for Thursday, July 23, 2009 at 7:30 p.m. in the YMCA Community Room.

Tryout Schedule: (Age as of December 1, 2009)

Held at the County College of Morris (CCM) Aquatic Center

Tryout fee, payable at registration: \$20.00 for swimmers 13 and over  
\$10.00 for swimmers 12 and under

AGE AS OF 12/1/09	DAY	DATE	REGISTRATION BEGINS	TRYOUTS BEGIN
9/10 YRS	TUESDAY	SEPT. 1	6:00 P.M.	6:30 P.M.
13 & OVER	TUESDAY	SEPT. 1	4:30 P.M.	5:00 P.M.
<b>Ages 13 and over will swim Tuesday, Wednesday and Thursday, Sept. 1-3, at 5:00 p.m.</b>				
11/12 YRS	WEDNESDAY	SEPT. 2	6:00 P.M.	6:30 P.M.
8 & UNDER	THURSDAY	SEPT. 3	6:00 P.M.	6:30 P.M.

Swim Team Website: [www.wmysharks.com](http://www.wmysharks.com)

West Morris Area YMCA Website: [www.wmaymca.com](http://www.wmaymca.com)