



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING SWIMMING FOR SUMMER LEAGUE



TYDE Swim Team THE YMCA OF NORTHWEST NC

Summer league is coming!
Get ready for another great summer
by joining with your neighborhood
YMCA swim team this spring!

We are offering Senior Summer Prep
practice groups at five YMCA
locations throughout the area.

For ages 11-18, this program gives
swimmers the opportunity to
prepare themselves for Summer
League Swimming.

New session starts March 2, 2020!

Registration is now open. For
placement dates, locations, and
more information about TYDE swim
programs, go to swimtyde.org and
click on NEW SWIMMER PLACEMENT
or the click the Groups tab at the
top: Groups>TYDE Academy and
then select Senior Summer Prep.

2020 Practice Locations/Schedule

Offered March 2 - April 30, 2020*

*each site will have their Spring Break Week off in April
matching the county school system break

Jerry Long Y	7:30 - 8:30pm	Mon - Thurs
J. Smith Young Y	5:30 - 6:30pm	Mon - Thurs
Kernersville Y	5:00 - 6:00pm	Mon - Thurs
Stokes Y	5:30 - 6:30pm	M/T/Th/F
Wilkes Y	5:00 - 6:00pm	Mon - Thurs

**With TYDE Senior Summer Prep Academy, one
single fee per session includes all practices, a
TYDE cap, and a swim meet or stroke clinic to
showcase the swimmers' progress.**