

# Get Ready for High School Swimming with the RAYS....

## High School Prep:

This program is designed to meet the competitive needs of swimmers, who would like to prepare for the High School dual and championship meet season. Swim under the expertise and guidance of the RAYS coaching staff until high school swimming begins. Get an eight week jump start on the competition. Swim as many nights as you would like. Program begins Monday, September 20 thru Thursday, November 11. New this year, you may also swim over the Thanksgiving and Christmas Holidays.

### Massad YMCA:

7:00-8:00 pm  
Monday-Thursday

### Spotsylvania YMCA:

7:30-8:30 pm  
Monday-Thursday

### Program Fees:

\$200.00

## For More Information:

**Bob Herlinger**

*Head Coach*  
*(540) 207-0846*

**Mike Clesner**

*Head Spotsy Y Site Coach*  
*(540) 786-7212*