



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Principles of YMCA Competitive Swimming and Diving

Monday, April 4, 2011

Ft. Lauderdale Aquatic Complex Press Room

8:30 am – 1:30 pm

Cost : \$50 payable to Central Florida YMCA

Prerequisite: 16 years of age

This is a required course for all coaches on deck at any YMCA sanctioned championship meet including YMCA Nationals.

Please bring text to class.

Order text from the YMCA Program Store at (800) 747-0089.

Please return this form and payment to : (deadline March 29, 2011)

Mitzi Kremer-Tighe

8422 International Drive

Orlando, FL 32819

Fax: 407-352-1907

mtighe@cfymca.org

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

YMCA \_\_\_\_\_

Participant's Signature \_\_\_\_\_

YMCA Supervisor's Name and Signature \_\_\_\_\_  
(required)