



# Northstar Spring Swim Camp



Come and swim at one of the most beautiful outdoor locations in CNY, Lake Shore Yacht and Country Club. CNS Varsity Swimming Coaches Paul Gill and Brad Ranieri will be running their annual Spring swim camp at the country club's outdoor pool. Major emphasis will be placed on stroke technique, and general conditioning. Swim outdoors, work on your tan, and refine your stroke. All this combined with a beautiful setting!

Swimmers are encouraged to sign up for the YMCA open water swim, which benefits children with special needs. Spring Swimming at Lake Shore is a great way to get ready!

**Practice schedule & Fees starting Monday May 27th -June 17th:**

**When:** Mondays & Wednesdays, starting June 1 – June 17

**Time:** 5:30-7:00pm

**Cost** \$45.00

**2009 Swim Team Registration Form**

Please Return to the Pool Director: Lakeshore Y&CC, 6777 Lakeshore Rd, Cicero 13039  
699-2797 x213 699-1623 (fax)

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Best time to call: \_\_\_\_\_ am/pm Membership # \_\_\_\_\_ (If applicable)

Has your child been on a Swim Team before? \_\_\_\_\_

If so, what team? \_\_\_\_\_

What strokes have been learned? \_\_\_\_\_

What would you or your child like to accomplish by joining the Lake Shore Y&CC Swim Team?

\_\_\_\_\_

\_\_\_\_\_

**\*\*Make Checks payable to Lakeshore Yacht & Country Club**