

**ATTENTION:**  
High School Swimmers

# Fall Warm-Up

**Dates: September 14th—November 19th**

**Times: Monday-Thursday 5:00-6:30PM**

All workouts are held at the Ridley High School Pool

Registration begins 8/23 for Full Members and 8/26  
for Program/RSD Members



**Cost:**  
**Full Member: \$110**

**Program or RSD Members: \$140**

Are you ready for your High School swim season?  
High School Swimmers warm-up with the YMCA and  
get a jump on your winter competition!

**You must pre-register at the Ridley Area YMCA!**

Ridley Area YMCA  
900 South Avenue  
Secane, PA 19018

Phone: 610.544.1080 x205  
Fax: 610.544.0807  
Email: [enelson@cyedc.org](mailto:enelson@cyedc.org)  
Website: [www.cyedc.org/rays](http://www.cyedc.org/rays)

# Y<sup>3</sup>SWIM TEAM™

We build strong kids, strong families, strong communities.