**WHAT IS FLEX Membership?**

 This membership is available ONLY to new club members.

• Valid September 2018 through end of July 2019

 • Fee is $249 per swimmer. Discounts available for additional swimmers in the same family.

 • Flex members must have a valid YMCA membership.

 • Primarily intended for 12 and Under age group and new swimmers.

 • Upgradeable to Premium Membership during the year.

 Swimmer can pay the difference in the membership fees (pay additional $54 to become a Premium member).

 • Limited swim meet attendance. Swimmers may attend only Two sanctioned swim meets per year (LSC championship level meets are excluded)

 • Includes same insurance benefits as current Premium member

 • Not available for swimmers 19 years of age and older

 • Not available in Seasonal Memberships (summer swimming). Flex Members cannot transition to a Seasonal Membership.

 •Flex members are not eligible for Individual Recognition Programs or Development Camps.

Flex Swim members practice schedule will look something like this:

* Tuesdays and Thursdays from 4:00-5:00 p.m.
* In November, when the Norfolk High School swim team starts their practice schedule after school, Flex Swim members will practice on Tuesdays and Thursdays from 5:30-6:45 p.m.
* Practice will return to the 4:00-5:00 p.m. practice time mid to late February, 2019, through the end of the school year in May.
* Flex Swim members can practice through the summer season without additional cost.

KEEP IN MIND before you register for Flex Memberships: Some limitations do apply

* Flex members will swim on Tuesdays and Thursdays.  Flex Swim members can attend only two (2) USA Sanctioned swim meets during their year membership. Flex Swim members are also not eligible to compete in Championship Level swim meets.