

eliminating racism.
empowering women.
gatewayywca

YWCA Sea Dragons

New Year Round Competitive Swim Team

Micro Dragons

Ages: 10 and under

Time: 3:30pm-5:00pm Monday-Friday

Cost: monthly fee + ywca membership + annual registration fee

Monster Dragons

Ages: 11 and Up

Time: 4:30pm-7:30pm

Cost: monthly fee + ywca membership + annual registration fee

For more information call 336-354-1590 X307



About our Coach, Alex Black

Alex is a graduate of Southern Methodist University with a B.A. in Communication (Cinema), a B.A. in English (Creative Writing) and a minor in Art. He held four varsity letters swimming for the SMU Mustangs, and was a WAC Conference finalist in the Breaststroke. A native of Lewisville, NC, he attended and graduated from Forsyth Country Day School where he was an All-American in the Breaststroke and Butterfly, and state champion in each for four years. He also swam with Winston-Salem YMCA and was a YMCA Nationals and USA Swimming Junior Nationals Finalist, and USA Swimming Nationals Qualifier.

Coach Alex has coached all levels of swimmers from age group neophytes to Senior National Qualifiers during his stints at the Dallas Mustangs Swim Club and the Goldsboro YMCA. He has also coached high school swimmers who achieved All American status. He has been on the coaching staff of the NC Zone team on four occasions, most recently as Head Coach.

He is currently a Life Member of the American Swim Coach's Association (ASCA) and holds ASCA Level 4 certification.