



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVING FUN AS A TEAM

Dolphin Swim Team WILKES-BARRE FAMILY YMCA

The YMCA Swim Team is based on the YMCA Principles of Competitive Swimming and Character Development. We believe that Everybody swims and Everybody wins. Our coaching staff will help to develop our swimmers to be the very best swimmer while continuing to stress the Y values of Respect, Responsibility, Honesty and Caring.

We have 2 Practice Groups:

- Mini Dolphin Practice: Those new to swim team or those with 1-2 years of competitive experience. Our younger swimmers
- Orca Practice: For swimmers who are competent in all four competitive strokes, starts & turns & are ready for a more intense workout. Please contact our Head Coach if unsure of which practice is right for your swimmer's.

WHEN: Starts Monday, May 6, 2019
TIME: Please see Practice Info on other side of flier
LOCATION: WILKES-BARRE FAMILY YMCA
40 W Northampton Street
Wilkes-barre, Pa 18701
Phone or other contact information



SwimTeam *Spring Summer*

**SUMMER
2019**

May 6, 2019 through End of Competition

PLEASE NOTE:

- All fees are season fees. **Prices cannot be pro-rated for late registrants.** Fees cannot be adjusted for swimmers who start late or choose not to finish the season. Monthly drafts cannot be canceled for those who decide not to finish the season, as these are season fees.
- Coaches may move swimmers to a different practice session according to ability level if needed.
- **ALL SWIMMERS MUST BE YMCA MEMBERS**
- We participate in the Northeast Pa Age Group Summer League. We also attend 1 or 2 Invitational meets. All summer competition is optional.

PARENTAL CLEARANCES: : PA State Law now requires Background clearances for any Volunteers who have any direct contact with children. One parent from each family is required to submit a copy of these clearances in order for their swimmer to attend any meets or team spirit events.

"Mini Dolphin" Practice For those new to competitive swimming, or with 1-2 years of Swim Team Experience. This practice is primarily focused on stroke development and technique
M/W/F: 6:00-7:00 pm
Saturdays 7:15-8:45 am

"Orca" Practice Age 11 & Over. For swimmers competent in all four competitive strokes, starts & turns. Please check with our Head Coach if unsure of your readiness for this practice.

Monday/Wednesday/Thursday/Friday
7:00-8:30 pm.

Saturdays 7:15-8:45 am

Monday through Fridays

6:15-7:45 am

(these practices begin after schools finish in mid June)

TEAM FEES (PAY IN FULL)	
Mini Dolphin Practice	\$150
Orca Practice	\$300

MONTHLY BANK DRAFT OPTION	
Mini Dolphin	\$50
Orca	\$100

(3 payments: 1st payment due when registering.

2 remaining payments will be taken the 15th of

June & July. Draft Authorization Form must be submitted to the Aquatic Director in order for the Y to set up drafts....