



BUILDING CONFIDENCE

YMCA SEALS WINTER SWIM TEAM 2017-2018

At the Y, we are for youth and building confidence. Our competitive swimming program teaches children commitment, team work/sportsmanship, health and wellness, listening skills, goals, and so much more! Swimmers will be able to improve their skills while building friendships and developing healthy habits. The Seals Swim Team is open to children 6-18 years old and includes development and training for all levels from the novice swimmer (able to swim one length on their front and back) to the national level swimmer.

New Swimmers Swim Team Assessment

Swimmers come prepared to swim!

Date: Monday, September 18—5:30 pm or Friday, September 22—5:30 pm

Must sign in at Member Service desk before proceeding to the pool. Pre-season skills assessment. Bring goggles. Required for all potential new Seals swimmers

Swim Team Pre-Season Camps

These camps will help improve stroke mechanics, starts and turns. Get in shape for the upcoming season! New and returning Seals swimmers are strongly encouraged to attend these camps. Limited space so register soon!

All camps will run September 18 through October 13 - 4 weeks long

Please note that swimmers may be asked to move from one camp to another based on ability level as per coaches' determination.

NEW — Minis Stroke Camp (ages 5—8 and new/ less experienced Seals swimmers)

Tuesday and Thursday: 6:00-7:00pm Facility Members: \$41.00; Program Members: \$63.00

Stroke Camp (new swimmers through 3rd year Seals; ages 6-12)

Monday, Wednesday, and Friday: 6:00-7:00pm Facility Members: \$61.00; Program Members: \$95.00

Conditioning Camp (4th year Seals; up to 12th grade; ages 10-18)

Monday, Wednesday, and Friday: 7:00-8:30pm Facility members: \$95.00; Program Members: \$143.00

High School Swim Camp (9-12th graders; ages 13-18) For returning Seal's swimmers

Tuesday, Thursday, and Friday 7:00-8:30p:- Facility Members: \$95.00; Program Members: \$143.00

Seals Swim Team - Season runs October 23, 2017 through February/March 2018

Seals Swim Team Annual Swimmers and Parents Meeting:

New Swimmers and Parents: Wednesday, September 27, 2017 at 6:00pm

Returning Swimmers and Parents: Wednesday, September 27, 2017 at 6:30pm

All team members must attend. Registration and information regarding team and parent participation, swimsuit sizing, practice schedule, team handbook and more.

Swimmer Levels and Program Fees:

All Seals must obtain a YMCA of Vineland Facility Membership

Minis (6-12 years) — \$398.00 **Blue** (8-14 years) — \$445.00 **Red** (10-14 years) — \$463.00

White (13-18 years) — \$481.00 **High School**—(14-18 years and actively swimming for a competitive High School team in the area and desire to swim meets with the Seals.) \$280.00

OPTIONAL: USA Swimming— swimmers have the choice to also join USA Swimming (additional USA registration fee) and Y program fee—\$40.00. They will swim in 4 USA swim meets (based on availability) determined by the Coach at the start of the season. Swimmers would participate with a coach present if 3 or more swimmers register for the meet.