



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CECY DOLPHINS SWIM TEAM

2024 SPRING PROGRAM

CECIL COUNTY BRANCH

SPRING CONDITIONING 2024

Competitive Group: For intermediate to advanced swimmers 7 to 18 years of age who have participated in at least one season of competitive swimming. The focus of this season will be on conditioning. Swimmers will be swimming from 2,500 to 5,000 yards. Practices are 2 hours long.

Dates: Monday 4/22/24 - to Friday 5/17/24, 5:30 to 7:30 PM

Fee: YMCA members: \$160

Developmental: For youth wanting to become competitive swimmers. The focus of this session is to improve stroke development in all 4 disciplines of backstroke, breaststroke, freestyle, and butterfly. Practices are 1 hour long.

Dates: Monday 4/22/24 - to Friday 5/17/24, 5:30 to 6:30 PM OR 6:30 to 7:30 PM

Fee: YMCA members: \$80

Financial assistance is available.

Team Website: www.cecyclphins.weebly.com

Team Email: cecyclphins@yahoo.com

CECIL COUNTY FAMILY YMCA

A Branch of the YMCA of the Chesapeake

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