



CECY Dolphins Swim Team Program

The Dolphins Swim Team is a year-round program focusing on stroke mechanics while emphasizing competitive strokes and techniques. There are approximately 6 swim meets (home and away) on Saturdays during the winter season, Mondays and Thursdays during the summer season. Additionally there are invitational meets with some requiring the swimmer to meet time standards.

Prerequisites for Winter, Spring Conditioning and Summer Swim Team:

- Must be able to swim 25 yards free-style and backstroke.
- Swimmers must be 18 years of age or younger on the swim league cut-off dates: Summer = 5/31; Winter = 12/1.
- All swim team fees must be paid upon registration.
- Try us for one free week to make sure it is a good fit for the swimmer and your family!

Winter 2016-2017

Dates: Monday 9/19/16 – March 2017 (end of season will depend on meet schedules)
Times: Mon, Wed, Friday 4:30-5:30pm (1 lane) Mechanics class open to D2, Novice and Intermediate groups.
Monday through Friday 5:30-7:30pm (5-lanes) Competitive & Developmental Group
Tuesday, Wednesday Friday, 7:00-9pm (3-lanes) Advanced/Senior Group
Saturday 6pm-8pm) Advanced/Senior Group (3-lanes)
Sunday 4pm-6pm) Advanced/Senior Group (3-lanes)
Fees: YMCA Members: 10&Under -\$220; 11-14yrs-\$290; 15-18yrs-\$340;
Max fee \$550 per family and must maintain continuous YMCA membership

Spring Conditioning 2017

Competitive Group: for intermediate to advanced swimmers 8 to 18 years of age who have participated in at least one season of competitive swimming. The focus of this session will be on conditioning. Swimmers will be swimming from 2,500-5,000 yards in this 2-hour practice

Dates: Monday 4/17/17 to Friday 5/12/17
Time: Monday through Friday, 5:30-7:30pm
Fee: YMCA members: \$110 Non-members: \$180

Developmental Group: for swimmers aged 12 and under who are new to competitive swimming and all swimmers 7 years and younger. The focus of this session is to learn all four strokes needed to compete at a swim meet. This is a one-hour practice. There will be two groups: D1 and D2. The groups are identical except for the practice times.

Dates: Monday 4/17/17 to Friday 5/12/17
Times: D1: 5:30-6:30pm; D2: 6:30-7:30pm
Fee: YMCA members: \$70; Non-members: \$140; Max fee is \$210 per family for YMCA members

Summer 2017 Season

Dates: Monday 5/15/17– 7/28/17; No practice 5/29/17, 7/04/17
Times: Monday through Friday 5:30pm-7:30pm
Fees: YMCA Member: \$110, Non-members: \$175
Maximum fee is \$250 per family for Y members