



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM TEAM WITH THE SEALS

The Seals Swim Team is designed to provide swimmers with the opportunity to be a part of a team, compete and most importantly have fun! Boys and girls ages 5-18 with the ability to swim one lap of the pool without stopping are welcome.

- All swimmers compete in YMCA meets. There is an option to compete in USA swimming. USA meets include regionals, age groups, zones and YMCA nationals. Our team includes swimmers who have qualified at all of these levels.
- Team activities include pizza parties, pasta dinners, holiday party, snow tubing, summer picnic at Mountain Mist Outdoor Center.
- An assessment is done by Coach Cathy for new swimmers to place them in the appropriate level. Swim groups include:
 - Weddell Seals (Pre-Competition/Beginner Level)
 - Spotted Seals (Developmental Competition Level)
 - Harbour Seals (Intermediate Competition Level)
 - Leopard Seals (Advanced Competition Level) - Includes dryland training, nutrition information and team building.
- Flexible payment options. Swim team begins October 1, 2018 and ends mid-February.
- **Special practice times for homeschool families:** Tuesdays 1:00 - 2:00 p.m., Thursdays 1:00 - 2:00 p.m. and Fridays 1:30 - 2:15 p.m. Minimum of 10 homeschool swimmers needed to run these special practice times.
- All swimmers would have the option to attend practices with the Seals Swim Team during regular practice times as well as these special times for homeschool swimmers. All swimmers would also be eligible to attend all Seals events, functions and swim meets.
- **Special Price for home school swimmers: \$300 per swimmer plus an additional \$25 equipment fee (mesh bag, fins, pull buoy and a kick board).**
- Contact Coach Cathy for more information and to schedule an assessment. Call 203-235-6386 x17 or send an email to Coach Cathy at clewis@meridenymca.org.
- Visit our web site at www.meridenymca.org/programs/swim-team/ and check us out on Facebook at www.facebook.com/MeridenYMCASeals. We look forward to swimming with you!



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