

DOLPHIN SWIM TEAM June 1, 2017-Mid August 2017

To be eligible for swim team participant must be able to swim one length of the pool (25 yards) with a recognizable swimming stroke. Season will run October through February/March with the meets beginning in mid November; most of the meets are held on Saturday's. The Wilkes-Barre YMCA Dolphins is a fully sanctioned YMCA Swimming Program that participates in the Penn-Del swimming league, YMCA invitational meets, and for those who qualify, YMCA Districts, States and Nationals. All swimmers must have a Wilkes-Barre YMCA membership in order to participate; this is a National YMCA guideline.

Practice for ALL team members begins on June 1

Mini Dolphins (ages 5-8 or 9 & first season) This practice will primarily consist of 8 & under swimmers and new competitive swimmers.

- ◆ M/W 5:30-6:30pm
- ◆ TH 6:45-7:45pm
- ◆ Fee: \$150

Spinners (ages 9-10)

- ◆ 6/1-6/15:
 - ◆ M/W 5:30-6:45pm
 - ◆ TH 6:45-8:15pm
- ◆ 6/20-Mid August:
 - ◆ Mon thru Fri 7:00-8:15am

Orcas (ages 11-19)

- ◆ 6/1-6:15:
 - ◆ M/W 6:30-8:00pm
 - ◆ TH 6:45-8:15pm
- ◆ 6/20-Mid August:
 - ◆ Mon thru Fri 7:00-9:00am

Spinner & Orca Fees:

- ◆ AM Practices only: \$180
- ◆ PM Practices only: \$165
- ◆ AM & PM Practices: \$280

- ◆ YMCA Team fees due upon registration. No swimmer can begin practice without completing registration process. Payment plan is available

Team Website: Fill out the Swimmer's Contact Form online at-
<https://sites.google.com/site/wbymcadolphins/home>

YOUTH COMPETITIVE SPRING STROKE CLINIC Stroke Clinic/Intro to Dolphin Swim Team

Session #1: March 20 - April 19

Session #2: April 24 - May 24

This class is for the new competitive swimmer or the returning swimmer looking to get an early start practicing. Refinement of the competitive strokes (freestyle, butterfly, backstroke and breaststroke) is the focus of this swim clinic.

Ages 5-8	M/W	5:30-6:30pm
Ages 9 & up	M/W	6:30-7:45pm

Members-\$30
Non-Members-\$45



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO SAVE LIVES

**Lifeguarding Classes
Girl & Boy Scout Badge Program
Youth Competitive Swimming
Scuba Offerings**



**For more information contact:
Diana Dempsey, Senior Aquatic Director
570-970-5051
Diana.Dempsey@wbymca.org
To register for a class call 570-970-5011**

WILKES BARRE FAMILY YMCA

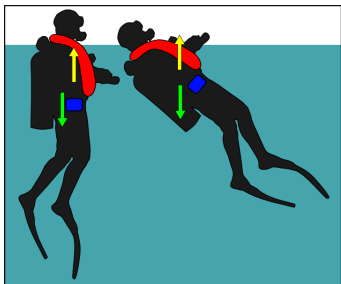


SCUBA CERTIFICATION begins March 7, 2017

Open Water Scuba Certification consists of classroom, pool, and open water training. Program fee includes certified SSI Instructor, educational material and class/pool sessions. Participants must be at least 12 years of age. Please note, in addition to the course cost, each participant must either purchase or own the following items: mask, snorkel, fins, wet suit boots and mouthpiece. A swimsuit and towel is needed for each class as well.

8 Week Program; test dives not included. Class meets Tuesday nights from 6:00pm-8:45pm.

Member \$350 Non-Member \$375



LIFEGUARDING CERTIFICATION

April Course

3/24: 5:30-7:00pm
(pre-course swim test)
3/31: 4-8pm
4/1: 9am-5pm
4/2: 9am-5pm
4/8: 9am-5pm
4/9: 9am-5pm

May Course

5/5: 5:30-7:00pm
(pre-course swim test)
5/12: 4-8pm
5/13: 9am-5pm
5/14: 9am-5pm
5/20: 9am-5pm
5/21: 9am-5pm

American Red Cross-Lifeguard Course

Pre-course Swim Test:

- Minimum age 15 on or before the final scheduled class
- Pass pre-course swim tests:
 1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breast-stroke or a combination of both but swimming on the back or side is not allowed, goggles permitted.
 2. Tread water for 2 minutes using only the legs.
 3. Starting in the water, swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface and swim 20 yards with legs only and exit the water in 1 minute 40 seconds (goggles are not permitted).
- 100% class attendance and participation
- Pass both a water skills test and written exam

Participants should bring a whistle/lanyard, pen/pencil and paper. Attendance at all classes is required.

Fees:
Member \$175
Non-Member-\$200

NON-REFUNDABLE REGISTRATION FEE OF \$50 due at registration; balance due after pre-course test, which is held the first hour of the first class. (Any class option changes will incur a \$10 processing fee; must be done a minimum of 48hrs to start of class). This fee is in addition to the above listed course fee.

LIFEGUARDING REVIEW COURSE

May 6 & 7, 2017
(must attend both days)
9:00 am-5:00 pm each day

This course is designed to re-certify a current American Red Cross Lifeguard. Candidates must show proof by showing the course instructor a current American Red Cross Lifeguarding/First Aid/CPR/AED card. This class will renew your lifeguard, first aid and CPR/AED certifications. Bring resuscitation masks (adult and infant), proof of certification and whistle to class.

Fees: Member \$100; Non-Member \$125

NON-REFUNDABLE REGISTRATION FEE OF \$50 due at registration; balance due after pre-course test, which is held the first hour of the first class. This fee is in addition to the above listed course fee.



SCOUTS BADGE PROGRAM

Bring your Troop to the YMCA to complete badge requirements directly related to the water. We give the Boy Scout Swim Test (Don't wait in long lines at camp come with your Troop). Program includes 1-hour instructional period with a trained instructor and a 30-minute free swim period. Please contact the Aquatic Director to set up a program.

Program fee is \$48 (minimum of 8 scouts) \$4 each additional scout; for groups requiring more than 1 instructor there will be an additional \$20 fee. A non-refundable deposit of \$20 is due at the time of program set-up.

