



Spring Competitive Stroke Clinic

Our 3-week Spring Stroke Clinic will give those who are thinking about joining our swim team the opportunity to work with our coaching staff for three weeks to get a “taste” of our program. This also gives our coaches an opportunity to orient new swimmers to our program, and evaluate new swimmers readiness for swim team, and placement in a practice session.

SESSION 1 New/1-2 years Swim Team Experience	Mondays & Wednesdays 6:00-7:00 pm	April 9- April 25, 2018	WBY Members: \$30 Non-Members: \$50
SESSION 2 Experienced Competitive Swimmers Technique & Conditioning	Mondays & Wednesdays 7:00-8:30 p.m	April 9- April 25, 2018	GSY Members: \$40 Non-Members: \$60

Phone: 570-823-2191 ext. 5051

Web Site: www.wby.org

Swim Team Website: <https://sites.google.com/site/wbymcadolphins/home>

E-mail: diana.dempsey@wbymca.org

YMCA Mission: To significantly influence the lives of people in the Greater Scranton area by incorporating Judeo-Christian principles into programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVING FUN AS A TEAM

Dolphin Swim Team WILKES-BARRE FAMILY YMCA

The YMCA Swim Team is based on the YMCA Principles of Competitive Swimming and Character Development. We believe that Everybody swims and Everybody wins. Our coaching staff will help to develop our swimmers to be the very best swimmer while continuing to stress the Y values of Respect, Responsibility, Honesty and Caring.

We have 2 Practice Groups for our Spring Clinic

- Mini Dolphin Practice: Those new to swim team or those with 1-2 years of competitive experience. Our younger swimmers
- Orca Practice: For swimmers who are competent in all four competitive strokes, starts & turns & are ready for a more intense workout. Please contact our Head Coach if unsure of which practice is right for your swimmer's.

WHEN: Starts Monday, April 9, 2018
TIME: Please see Clinic Info on other side of flier
LOCATION: WILKES-BARRE FAMILY YMCA
40 W Northampton Street
Wilkes-barre, Pa 18701
Phone or other contact information