



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM 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.

Practice Time by level	Weddell & Spotted Seals	Harbour Seals (USA Registered Only)	Leopard Seals (USA Registered Only)
Monday-Thursday	5:00 - 6:00 PM	6:00 - 7:30 PM	6:00 - 8:00 PM
Friday	Day off	5:00 - 6:00 PM	5:00 - 6:15 PM

Special offer for high school and middle school swimmers:

- High School Boy Swimmers pay \$200 for entire season.
- High School Girl Swimmers pay \$300 for entire season.
- Middle School Swimmers receive \$100 off if they are swimming on both a school and the Seals swim team.
- Bring student i.d. when you register.

Contact Coach Cathy for more information and to schedule an assessment if you are new to the team to determine the appropriate swim group for you. Call 203-235-6386 x17 or 203-440-1870 or send an email to Coach Cathy at clewis@meridenymca.org. We offer flexible payment options.

Visit our web site at www.meridenymca.org/programs/swim-team and on Facebook at www.facebook.com/MeridenYMCASeals. We look forward to swimming with you!

MERIDEN YMCA
110 West Main Street
Meriden, CT 06451
P 203 235 6386
www.meridenymca.org
facebook.com/YMCA.Meriden

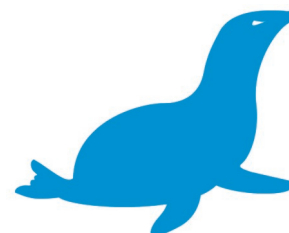
NEW BRITAIN-BERLIN YMCA
50 High Street
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BERLIN YMCA
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IMPROVE YOUR SKILLS BUILD YOUR CONFIDENCE



SWIM TEAM BOOT CAMP

The Meriden-New Britain-Berlin YMCA Seals Swim Team Boot Camp is a four week stroke development program for competitive swimmers and for those looking to join a competitive team.

We will focus on a different stroke each week, including starts and turns. The goal is to improve and correct the strokes they know and to introduce and learn the odd strokes that they still need. We would like to give swimmers the opportunity to work in smaller groups with instructors, making it easier to understand and learn.

This boot camp is for Weddells and Spotted Seals.

Day/Time:	Monday - Thursday, 5:00 PM - 6:00 PM
Fee:	Full Member \$85 Program Member \$115
Week one:	Begins on September 3 – Freestyle
Week two:	Begins on September 9 – Backstroke
Week three:	Begins on September 16 – Breaststroke & Butterfly
Week four:	Begins on September 19 – Starts and turns

Please register at the Welcome Desk. For more information please call 203-235-6386 x17 or 203-440-1870 or send an email to Coach Cathy at clewis@meridenymca.org.

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