

Competitive Swim in Sturgeon Bay

DOLPHIN SWIM CLUB - Ages 5+

Designed for swimmers of all ages who may be interested in joining the Doorfins but don't have previous competitive experience. Get a taste for the commitment, skills and fun that goes along with being part of the team. Must be able to swim two lengths of the pool non-stop freestyle and back crawl and in good form, or have completed the Minnow level of progressive lessons. A great introduction to the Doorfins Swim Team! All age groups will be determined by swimmer's abilities. During swim team season, Dolphin Swim Club members are eligible to swim in our home swim meets.

• **October 28 through December 18**

Tuesdays & Thursdays	4:00 pm to 5:00 pm	<u>Mem</u> \$56.00	<u>Comm</u> \$102.00
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DOORFINS SWIM TEAM • Doorfins swimmers must be current YMCA members throughout the season.

Ask for more detailed information about Doorfins Swim Team at the Welcome Center!

TEAM SEASON BEGINS OCTOBER 27 (no program October 30 & October 31) - if you missed the parents meeting, please contact Aquatics Director, Mary Heimann if you have questions. For fees and other information regarding joining Doorfins Swim, you must meet with team management. Your child will not be able to swim until you meet with Mary Heimann or have attended the parents' meeting. Registration begins October 20.

JUNIORS

Ability: Beginning level for swimmers new to competitive swimming. Must be able to swim 50 yards minimum non-stop.

Emphasis: To teach basic concepts of the 4 competitive strokes, with individual attention. To introduce training principles while stressing fitness, fun and the value of participation. Swimmers are encouraged to participate in low stress meets when they feel ready.

Schedule:

Tue & Thu	3:30 pm to 5:00 pm
Fri	5:15 pm to 6:00 pm
<i>Two days per week: \$230.00</i>	
<i>Three days per week: \$290.00</i>	

JUNIOR ELITE

Ability: Basic knowledge of 4 competitive swimming strokes. Ability to repeat distances of over 50 yards.

Emphasis: To work on refining the 4 competitive strokes, plus starts and turns. To begin interval training, endurance work, and preparation for racing. Activities to promote sportsmanship and team unity are included.

Schedule:

Mon	5:15 pm to 7:00 pm
Tue & Thu	5:30 pm to 7:00 pm
Fri	5:15 pm to 6:30 pm
<i>Three days per week: \$365.00</i>	
<i>Four days per week: \$460.00</i>	

SENIORS

Ability: Proficiency at the 4 competitive strokes, starts and turns. The ability to train up to two hours at a time. A commitment to strenuous training a must.

Emphasis: To improve a swimmer's physical condition through progressive, strenuous training. To introduce racing strategy. To emphasize goal setting. Ultimate goal is participation in national competition.

Schedule:

Mon	5:15 pm to 7:00 pm
Tue & Thu	5:00 pm to 7:00 pm
Fri	5:15 pm to 6:30 pm
<i>Three days per week: \$440.00</i>	
<i>Four days per week: \$535.00</i>	

This year there will be three different options for event fees (\$50, \$100 and \$150). Choose the option that best meets your swimmer's needs. Event fees are separate from your team fees.

Optional Wednesday Workout available for Junior Elite and Senior groups
2 lanes available 5:15 pm to 7:00 pm
(no coach present - discuss personal workout with coach prior to attending)



For more information, contact
MARY HEIMANN,
 Aquatics Director

FAMILY HAUNTED POOL - Part of the YMCA Family Halloween Party

See page 13 for full party details

Friday, October 24 • 6:00 pm to 8:00 pm

Held in conjunction with the YMCA Halloween Party. Children may come in the pool and enjoy the water slide and the huge inflatable! Decorations, pirates and a surprise in the water make this a fun age for those who love to be "scared"!