

# DOVER YMCA DOLPHINS SWIM TEAM



**Registration Opens  
August 1st!**

Ready to take your swimming to the next level? Join the YMCA Swim Team! Swimmers will build endurance, improve technique, and develop lifelong skills like teamwork and goal setting—all in a fun and supportive environment. All levels welcome.

## PRACTICE SCHEDULE SEPTEMBER 8 THROUGH MARCH 31

Training Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Monthly Fee
Academy		5:00–5:45pm		5:00–5:45pm		\$105
Bronze		5:00–6:00pm		5:00–6:00pm		\$115
Silver	5:00–6:30pm		5:00–6:30pm			\$135
Gold	5:00–7:00pm	6:00–8:00pm		6:00–7:30pm		\$180
Platinum	6:30–8:30pm	6:00–8:00pm	6:30–8:30pm	6:00–7:30pm		\$202

### Academy (Ages 5–12)

Focuses on stroke fundamentals, starts, and turns. Swimmers must swim 25 yards of freestyle and one other competitive stroke unassisted.

### Bronze (Ages 6–12)

For swimmers ready to commit more to the team. Emphasizes sportsmanship, conditioning, and goal setting. Must swim 50 yards of freestyle and demonstrate two additional legal strokes.

### Silver (Ages 7–12)

Swimmers develop training awareness, aerobic endurance, and stroke refinement. Must swim 100 yards freestyle and know all four strokes, with three legal and one proficient. Consistent streamlines and flip turns expected.

### Gold (Ages 9–14)

Focuses on stroke mechanics and competition readiness. Includes community involvement. Swimmers must complete a legal 100 IM and a 200-yard freestyle with flip turns. Must maintain consistent 90-minute training.

### Platinum (Ages 11–18)

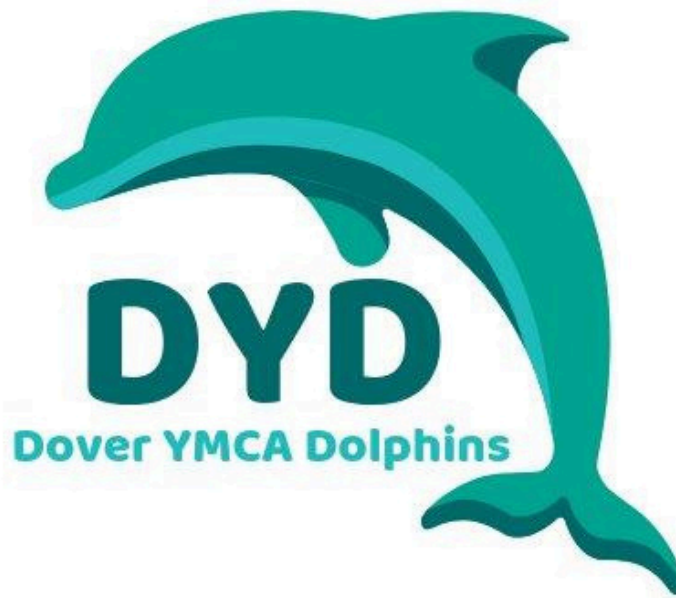
Emphasizes stroke technique, strength, and performance preparation. Swimmers must swim a legal 200 IM and 500-yard freestyle. Consistent training required, guided by the head coach.



Register for New  
Swimmer Evaluation



Register for  
Swim Team



- **Swim Team is an 11 month program (September through July) charged monthly.**
- **Any withdrawals for the following month MUST be submitted by the 20th of the month prior.**
- **The first month's draft and \$65 registration fee are due at time of registration.**
- **All Swimmers are required to maintain a current membership with the YMCA of Delaware.**
  - **\$40 monthly Youth Memberships available.**
  - **Swim Team Only Youth Memberships are available for children ages 6-11.**
- **The season begins on September 8th, 2025.**
- **All billing changes and questions should be emailed to [SwimTeam@ymcade.org](mailto:SwimTeam@ymcade.org).**

**Join the Dolphins to  
SWIM FAST & HAVE FUN!!**