

Spring Swimming

MDI YMCA Sharks Swim Team

The Mount Desert Island YMCA Sharks Spring Swim Team is for any member of the Sharks Swim Team. Green Team swimmers will continue to work on the basics of competitive swimming, learn all four strokes, practice starts, develop efficient turns and play games. Gold & Senior swimmers will continue to refine their stroke mechanics, build endurance, work on starts and turns and have a great time swimming. There are a few meets in the Spring but these are optional for members as Spring is geared towards preparing swimmers for the summer meets and next season.

This Spring we will also continue the WeeSharks on Tuesday & Thursday's from 4:15–5:00pm. WeeSharks is for children who have not swam for the Sharks and are looking for an introductory program to get them ready to swim for the team. Swimmers should be able to one length of the pool (25 yards) doing both freestyle and backstroke. WeeSharks can choose to come one or two days per week.

**For more information
Contact Coach Jim Willis
Sharks@mdiyymca.org
MDI YMCA, 21 Park St.
Bar Harbor 288-3511**

Spring Swim Team: April 28–June 13

Green M/W 4:00–5:00pm

Gold M/W 5:00–6:15pm
T/Th 3:15–4:15pm

Senior M-F 2:45–4:15pm

Green/Gold Fri 4:00–5:00pm

WeeSharks

April 29–June 12

Tuesday & Thursday's
4:15–5:00pm

Summer Swim Team June 16–August 1

