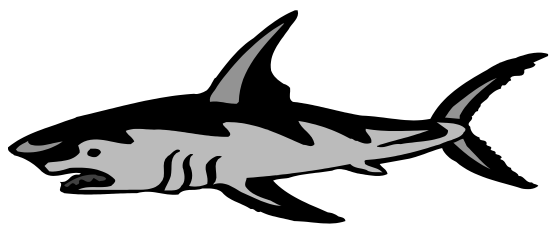


Spring & Summer Swimming

MDI YMCA Sharks Swim Team



Spring & Summer Swim Teams are for any member of the Sharks Swim Team and anyone that can swim the length of the Lenny DeMuro Swimming Pool. We offer a program for all ages and abilities during the spring and summer. Swimmers will learn/refine all four strokes, build endurance, practice dives and turns, play games, and have fun during the Spring and Summer seasons. Swimmers may participate in USA Swimming meets in June and July if they wish or just train to get ready for 2012-13 swim season.

Spring Swim Team

April 29—June 14

Green Team M/W 4:00—5:00pm

Gold Team M/W 5:00—6:15pm

T/Th/F 3:00—4:15pm

Green & Gold Fri 4:00—5:00pm

Summer Swim Team

June 17—August 5

Sharks M/W 4:30—6:00pm

T/Th/F 3:30—5:00pm

Wee Sharks M/W/F 3:45—4:45pm

T/TH 4:45—5:45pm

Mornings M—Th 7:00—8:30am

Friday 8:30—10:00am

For more information

Contact Coach Jim Willis

Sharks@mdiyymca.org