



SEA DRAGONS

Hamden

Come Join the Fun!

2007 - 2008 Hamden/North Hamden YMCA Sea Dragons Swim Team Sign Up Information

Swim Clinic (4 weeks)

Aug 27-31: at the Y Outdoor Center

Sep 4-21: at the Y Main Branch

Open to all (YMCA members
and non-members)

Mondays through Fridays

3 - 4:30 p High School

4:30 - 6 p Gold Group

6 - 6:30 p Pre Team

6:30 - 7:30 p Age Group

NO SATURDAYS DURING CLINIC

07/08 season (Oct-Mar)

08 summer (Apr-July)

Mondays through Fridays

3 - 4:30 p High School

4:30 - 6 p Gold Group

6 - 6:30 p Pre Team

6:30 - 7:30 p Age Group

Saturdays: 6 - 7:30 a

Cost

Please inquire at the Y front desk

(see phone # below) or contact

Coach Susan Anderson at

hnhymcaswimteam@cccymca.org

Squads (All swim team members must
also be registered YMCA members;
Tryout required for new participants)

High School Squad: open to High School
swimmers who wish to compete on a year round
basis or just get ready for High School swimming.
Swimmers must attend 3 practices per week and 2
Saturday practices per month. *Swim meets are
mandatory.*

Gold Group Squad (ages 8-13, a novice training
group). Swimmers have mastered all 4 strokes and
turns. They have the ability to train for 90 min and
are able to swim at an aerobic fitness level for a
minimum of 40 min. Swimmers must attend 3
practices per week and 2 Saturday practices per
month. *Swim meets are mandatory.*

Age Group Squad (ages 5-12, a teaching group).
Swimmers will be instructed in proper technique of
all 4 strokes and their turns. Swimmers must be
able to handle a one hour practice session.
Swimmers must attend 3 practices per week. *Swim
meets are mandatory.*

Pre Team Squad (ages 5-11): This group is for
entry level swimmers who must be able to swim one
lap of freestyle and one lap of backstroke.
Swimmers must attend 2 practices per week. *Swim
meets are optional.*

Sign up NOW! at the Hamden/North Haven YMCA,
1605 Sherman Ave, Hamden, 06514 - (203) 248-6361