

About the Danvers Dolphins

The Danvers Y Dolphins competes in Division III of the Eastern Mass Y District. Many of our swimmers participate in USA swimming. The Dolphins are well represented at Y championship events. We also have a swimmer that participates in Para swimming.

Our swimmers are placed in their practice level based on their ability and age. When it is in the best interest of the swimmer, the swimmer will be placed in a more challenging practice group.

Tryout Information

September 14-17, 2011
Wednesday – Friday
5-18 yrs old
4:30-5:30pm
Try to attend 2 days

Minimum requirements to tryout:

Length of the Y pool crawl stroke with rotary breathing and a length of backstroke without stopping



Danvers Dolphin Swim Team



2011-2012 Swim Season

Danvers Community
YMCA
34 Pickering St
Danvers, MA 01923
978-774-2055
Ex:34

danversdolphins@gmail.com

Level I:

This level is typically for swimmers ages 5-9. This is our beginner level. These swimmers learn the 4 different competitive strokes with the focus on the freestyle and backstroke. The swimmers on this level practice from 4-5pm twice a week. These practices are held Monday, Wednesday and Thursday.

Price: \$490

Level II:

This Level is for swimmers typically 10 years and older whom have successfully completed Level I and/or swim 3 of the 4 competitive strokes correctly. Swimmers in this level will improve stroke technique, endurance and time. These swimmers practice twice a week from 5-6:30pm. Practices are held every night.

Price: \$540

Level III:

This Level is for swimmers typically 11 and older that have successfully completed Level II and/or by the recommendation from our coaching staff. These swimmers endure a more rigorous workout that includes some dry-land training for those that are 13 yrs and older. This level practices three times a week from 5-6:30pm. These practices are held Monday - Friday.

Price: \$590

Level IV:

This level is typically for swimmers 12 and older and do not participate on a high school swim team. This level emphasizes the highest levels of competitive swimming, dry-land training and stretching. These swimmers practice minimum of four times a week from 5-7pm. These practices are held Monday-Friday. There are also 2 morning practice options.

Price: \$640

Level V:

This level is for high school swimmers that want to prepare for there upcoming high school swim season. These swimmers practice three to six days a week through Thanksgiving. We require that these swimmers participate in at least three of our meets.

Price: \$440

Other Important Information:

- All team members must have a current Danvers Y membership
- Team uniforms can cost anywhere from \$50-\$90
- Practice starts last week in September and runs thru mid March