

COACHING STAFF

Janice Van Tornhout—Head Coach
Ron Dienstmann—Coach
Kathy Cushing—Coach
Danielle Hamscom—Coach
Barbara Damon—Team Coordinator

PRICING

Spring Swim Team (10 weeks)

\$190/Members
\$230/Non-members

Spring Clinic (4 weeks)

\$75/Members
\$90/Non-members

Summer Clinic (6 weeks)

\$105/Members
\$130/Non-members



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DANVERS DOLPHINS SWIM TEAM & SWIM CLINIC

Spring & Summer 2011



DANVERS COMMUNITY YMCA

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CONTACT:

Janice Van Tornhout—Head Coach

E danversdolphins@comcast.net

or

Lisa Jackson—Aquatic Director

E ljackson@danversymca.org

SPRING SWIM TEAM

Ages: 5-18 years

Registration: Currently **OPEN!**

Dates: April 4—June 9 (10 weeks)

Days: Monday through Thursday

If your schedule is busy, please know that it is not mandatory to practice all four nights per week; we encourage your swimmer to come as often as they can as their schedule allows.

Time: 5:00-6:30pm

The Danvers Dolphins compete in Division II of the Eastern Massachusetts YMCA Swim District. Many of our swimmers also compete in USA Swimming. The Dolphins are always well-represented in all YMCA championship events. For practice, swimmers are placed in levels based on age and ability. When it is in the best interest of the swimmer, he/she will be placed in a more challenging level for practices. Practices are a mix of timed sets, endurance work, drills, perfecting stroke mechanics, and dry-land training. Each individual swimmer receives positive critique from the coaches. Our swimmers are encouraged to build confidence and self esteem through teamwork, dedication, and commitment to achieving their personal and team goals. This program places an emphasis on the Core Values of the YMCA: caring, honesty, respect, and responsibility. Because of the physical demands of each practice, it is recommended that younger/inexperienced swimmers meet with the head coach for a swim/stroke assessment prior to enrolling. Please stop by one of our practices to speak with the coaches, or call the aquatic department today.



THE DANVERS DOLPHINS

For over 50 years children and teens have been accomplishing their swimming goals, gaining self esteem, and learning that competitive swimming edge through involvement in the Danvers Dolphins Swim Team. This spring and summer we are offering both regular swim team practice and special stroke clinics aimed at improving the fundamental strokes and endurance of newer swimmers. Please keep in mind that registration for the swim team and clinics is on a rolling basis. Even after the start date has passed, feel free to come in and enroll anytime! For questions about your swimmer's aptitude and what program to sign up for, please contact Head Coach Janice Van Tornhout by calling the aquatic department today!

1. SPRING SWIM CLINIC

Ages: 5-18 years

Registration: Currently **OPEN!**

Dates: May 2—May 26 (4 weeks)

Days: Monday and Thursday

Time: 4:00-5:00pm

2. SUMMER SWIM CLINIC

Ages: 5-18 years

Registration: Starts **May 16**

Dates: July 11—August 18 (6 weeks)

Days: Monday through Thursday

If your schedule is busy, please know that it is not mandatory to practice all four nights per week; we encourage your swimmer to come as often as they can as their schedule allows.

Time: 4:30-5:30pm or 5:30-6:30pm

Our clinics have been developed to offer younger and/or inexperienced swimmers an opportunity to hone their competitive swimming skills in preparation for joining the swim team later on. This is the perfect program for those children and teens who are too advanced for swim lessons but may need some fine-tuning of their strokes and endurance improvement. Swimmers will be divided into practice groups according to general age and ability. The Summer Swim Clinic is open to new swimmers and past swim team members. A swim assessment will be given to all swimmers on the first day and then they will be subsequently split into two practice groups that will come either at 4:30pm or 5:30pm for the duration of the program. Please have your swimmer arrive at 4:30pm on July 11 to be tested and placed into the appropriate swim group. Please call with any questions you have!