



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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2016-2017 HAMMERHEADS SWIM TEAM

SEPTEMBER 19, 2016–MAY 26, 2017

Ages 7-18 years

YMCA BETHESDA-CHEVY CHASE

The Bethesda-Chevy Chase Hammerheads swim in the Chesapeake and Potomac Swim League (CPSL) of YMCA Swimming. Swim meets are usually held on Saturdays between November–March with 2-3 meets per month. Parents of every swimmer are expected to volunteer for at least 3 meets per season. Parents are expected to volunteer at C&P's in addition to their 3 meets if their child is swimming in it.

Every practice starts with dryland exercises for between 15-30 minutes. General calisthenics are combined with core work, leg strengthening, and running.

Please contact Cindi Dixon or Joe Redmon at Joseph.Redmon@ymcadc.org to set up an evaluation or for more information.

Regular Competitive: Ages 7-12 years

- \$1,008.00 total or 9 monthly payments of \$112.00
- Must swim 100 yds Free, 100 yds Back, 50 yds Breast, and 25 yds Fly
- Practice twice a week on Monday and Friday 5:15pm-6:30pm

Regular Competitive: Ages 13-18 years

- \$1,152.00 total or 9 monthly payments of \$128.00
- Must swim 100 yds Free, 100 yds Back, 100 yds Breast, and 50 yds Fly
- Practice twice a week on Sunday and Wednesday 5:15pm-6:30pm

Advanced Competitive: Ages 9-18 years

- \$1,350.00 total or 9 monthly payments of \$150.00
- Must swim 200 yds of each Free, Back, and Breast and 50 yds Fly
- Practice three times a week on Sunday, Tuesday, and Thursday 4:45pm-6:30pm

Registration

Current Swimmers: June 6, 2016

New Swimmers: July 1, 2016

****Registration is for a nine month period and is non-refundable****