



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MASTER THE WAVES

## MARIN YMCA Dophins Youth Swim Team



For ages 5–18: A noncompetitive swim team that emphasizes increasing endurance, technique, and speed, all the while having fun and building relationships with teammates. Upon the conclusion of the session, a swim meet will be held for all swimmers to display their development. All participants must be able to swim the length of the pool.

**WHEN:** September 5 – December 16 • Tuesday, Thursday & Friday

**WHERE:** Marin YMCA

**TIME:**

- **NOVICE** (No swim team experience; must be able to swim the length of the pool without assistance): 3:30–4:00pm
- **JUNIOR** (At least 1 year of swim team experience): 5:00–5:45 p.m.
- **SENIOR** (9 and over with 2+ years of swim team experience): 4:00–5:00 p.m.

\*Coaches may need to move swimmers based on group size & ability.

**FEES:** Facility Member - \$295  
Community Participant - \$369

Register online or at Marin or Novato Y today!



For more information contact Griffen Cole at [gcole@ymcasf.org](mailto:gcole@ymcasf.org) or (415) 446-2130.

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