



LEBANON VALLY FAMILY YMCA

SWIM TEAM

Lebanon YMCA VIPERS

Fall Swim Team/Preseason

Gold 8 Weeks; Sept 10th – Oct 30th

Swimmers will practice 3 days a week. Tuesdays, Wednesdays and Thursdays. Practices will be from 7:15-8:45 at the YMCA. On Tuesdays and Thursdays swimmers will need to bring a shirt, shoes, and shorts for dryland and weightlifting.

Silver 8 Weeks; Sept 10th – Oct 30th

Swimmers will practice 3 days a week. Tuesdays, Wednesdays and Thursdays. Practices will be from 6:15-7:15 at the YMCA.

Cost

All swimmers must be YMCA members and will pay a \$25 maintenance fee once per year.

Cost	Gold 8 weeks	Silver 8 weeks	High School
Family	\$165	\$140	\$180
Youth	\$185	\$165	\$200

Email: _____

Swimmers Name: _____

Address: _____

Birthday: _____

(circle one) Gold Silver HS

- Swim Meet at Friendship YMCA October 19th