



2024/2025

LEBANON VALLY FAMILY YMCA SWIM TEAM

Lebanon YMCA VIPERS

Winter Swim Season Nov 1st – March 30th

Parent's Email: _____

Swimmer's Name: _____

Address: _____

Birthday: _____

(circle one) Gold Silver Bronze

2nd Swimmer's Name: _____

Address: _____

Birthday: _____

(circle one) Gold Silver Bronze



Welcome and thank you for your interest in the Lebanon YMCA Swim Team. Our winter swim team runs from November 1st through March 30th. We'll be practicing at the Lebanon YMCA. Our team competes against other local YMCAs in the YSCAP League as well as USA and other invitationals. Dual meets and Invitationals are held on weekends. Swimmers also have the option to compete in USA Swimming.

Parent / Guardian Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone #: _____ Evening Phone#: _____

Parent's Email Address: _____

Emergency Contact Name: _____ Contact #: _____

Medical Information

Doctor's Name: _____ Doctor's #: _____

Please list any medical conditions that our coaching staff needs to be aware of, as well as any allergies.

All swim team members must be YMCA members				
\$25 maintenance fee due at time of registration				
	Gold	Silver	Bronze	High School
Cost	Season/ Monthly Rates	Season/ Monthly Rates	Season/ Monthly Rates	Season
Family	\$412.50/\$82.50	\$355/\$71	\$300/\$60	\$180
Youth	\$470/\$94	\$412.50/\$82.50	\$355/\$71/\$71	\$200

*optional-payments can be monthly drafted on the 15th on the month

Gold group practices 5 days a week, swims approximately 4,000 yards Swimmers in group must be able to make 5 x 50's freestyle on an interval of 1:00 or faster. They are encouraged to maintain practice attendance of 80% or higher. November 1st -March 30th 7:15-8:45PM

They will be weight lifting and doing dryland on Tuesdays and Thursdays.

Silver group practices 4 days a week, swims approximately 2500 yards Swimmers must be able to complete 200 yards freestyle, 50 backstroke, and a legal length of breaststroke and butterfly. Swimmers must also be able to dive and do a flip turn. November 1st -March 30th Tuesday though Friday 6:15-7:15 PM

Bronze group practices 3 days a week; Mondays, Wednesdays, and Fridays. They swim approximately 900-1200 yards Swimmers must be able to complete 25 yard freestyle and 25 yard backstroke unassisted. Swimmers will learn all strokes and refine their freestyle and backstroke skills. Competitions are optional but encouraged. November 1st -March 30th Mondays 6:30-7:15 and Wednesdays and Fridays 5:30-6:15 PM

High School group is for high school age athletes who want to practice with the YMCA until their high school team starts and participate in competitions with the YMCA (districts, states, etc.). This group will practice with the gold group 5 days a week. Combination of high school and YMCA practices throughout the week.