



LEBANON VALLEY FAMILY YMCA VIPERS Fall Swim Team

Swim. Compete. Belong at the Y

The YMCA Swim Team helps swimmers build stroke development skills, time improvement, confidence, and teamwork in a fun, supportive environment. With experienced coaching and opportunities to compete, athletes grow in and out of the water.

Dates (8 weeks):

- September 8th through October 30th

Location:

- Practices are held at the Lebanon YMCA
- Swim meets are held at various locations

Financial assistance is available through our Partnership Program for those who qualify.

Gold

- Mondays, Wednesdays & Fridays swim practice
- Tuesdays & Thursdays dryland and weightlifting (must be 13 years old to participate in dryland training)
- 7:00 - 8:30 PM
- Family Member: \$300
- Youth Member: \$390

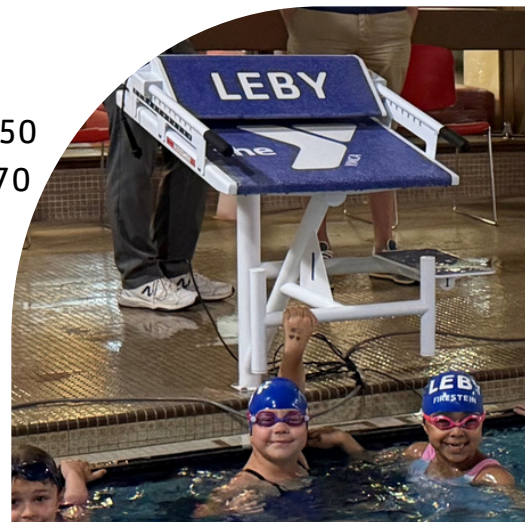
Silver

- Mondays & Fridays
- 6:00 - 7:00 PM
- Family Member: \$100
- Youth Member: \$130

Bronze

- Wednesdays
- 6:00 - 6:45 PM
- Family Member: \$50
- Youth Member: \$70

***All swimmers must be YMCA members and pay a \$75 annual maintenance fee per swimmer. Families with two or more swimmers will pay \$125.**





Registration Form

Swimmer's Name: _____

Birthday: _____

Email: _____

Address: _____

Parent/Guardian Name: _____

Phone Number: _____

Circle one: Gold Silver Bronze