



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YCF SUMMER SWIM TEAM @ ROPER FAMILY YMCA



FOR INSTANT FUN, JUST ADD WATER!

The summer swim team at the Roper Family YMCA will run May 15–August 2, 2018. Swimmers may attend up to three (3) practices per week from the options below:

May 15–31:

- Tuesdays/Wednesdays/Thursday from 5:30–6:15pm

June 5–August 2

- Tuesdays/Wednesdays/Thursday from 9:00–9:45am

This program is open to all swimmers age 14 & under who can complete one continuous 25 yard length of the pool using both freestyle with rotary breathing and backstroke with comfortable buoyancy. Optional swim meets are also available throughout the summer.

The program costs \$120 for YMCA members and \$240 for non-YMCA members along with a \$25 registration fee, which includes a YCF Swim Team t-shirt and swim cap.

Swimmers interested in joining the YCF Swim Team must first attend a placement session and evaluation before their first practice. Placement sessions are available on pool deck at 5:30pm on the following days:

- Thursday, April 26
- Wednesday, May 2
- Tuesday, May 8
- Thursday, May 17
- Wednesday, May 30

Please attend with your swimmer in his/her suit and prepared to swim.

YCF SWIM TEAM

8422 International Drive, Orlando, FL 32819

P 407 363 1911 E ycfswimteam@cfymca.org W www.ycfswimming.org



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The YMCA of Central Florida Swim Team (YCF) is a year-round USA Swimming and YMCA swim team offering a full range of competitive programming for swimmers from youth to adult! YCF has a long history in the swimming community and has grown to become one of the largest and most comprehensive swim teams in Florida and across the country. Whether you are looking for a gentle introduction to competitive swimming, an elite level training program or anything in between, you'll find it here!

YCF is your neighborhood swim team, available at every pool within our YMCA of Central Florida association, making your ideal training site always close to home! The team is broken into various practice groups based on age, ability and commitment in order to offer an appropriate option for swimmers of every level! All of our YMCA family centers offer our beginner Recreational track, while most of those same YMCA's also offer our intermediate/advanced Competitive track, (which means if your local YMCA does not offer the Competitive track, there is another nearby YMCA family center nearby that does offer these additional practice groups as your swimmer progresses through the sport).

The monthly program fees vary by practice group, as do the amount of practice time and meet opportunities available to swimmers within each group. All new YCF swimmers must attend a placement session and will be assigned to the correct group during this evaluation. Details on our different tracks, practice groups, swim meets and more can be found on the YCF Swim Team's website, www.ycfswimming.org.



YCF has a professionally trained and certified coaching staff that uses the YMCA core values of honesty, caring, respect, responsibility and faith as the primary focus in their instruction. Our goal is to develop swimmers who are better prepared in life by being better prepared in the water!

Financial assistance is available for those who qualify.

For information on placement sessions at your local YMCA, please contact us via email at ycfswimteam@cfymca.org or by phone at 407-363-1911.

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