



GROWING STRONGER AS A TEAM

Swim Team Programs

WYD DOLPHINS SWIM TEAM

6-18 years old

The Whatcom Y Dolphins Swim Team is designed for swimmers who wish to pursue competitive swimming in a fun and positive environment.

The YMCA swim team staff is dedicated to give families involved in swim team a great experience while providing fitness and fun to children of all ages. We will strive to help each child develop a healthy spirit, mind and body. We will help your child to gain self confidence, goal setting abilities, physical fitness and character.

Swim Team is for Full YMCA Members only. WYD are part of the Puget Sound Swimming Association, www.pssswim.org.

	BELLINGHAM	LYNDEN
DAYS	Monday - Friday	Monday - Friday
TIMES	5:45-7:15pm (Beginning Nov 12, 2018)	5:30-7:00pm
FEES	\$75/month	\$75/month
Must be a YMCA Member to participate		



MASTERS SWIM PROGRAM

16 years & older

Masters Swim is an opportunity to begin or continue your passion of swimming under the guidance of an experienced coach.

This is a great program for all ability levels; novice, triathlete, high school and veteran swimmers are all welcome.

BELLINGHAM

DATES: August 1 - 31

September 5 - 28

Oct. 1 - 31

Nov. 2 - 30 (no program Nov. 23)

Dec. 3 - 28 (no program Dec. 24)

DAYS: Mon, Wed & Fri

TIME: 5:30-7:00am

FEES: \$30/month YMCA Members
\$45/month Program Members
*sessions pro-rated

UNDERWATER HOCKEY

18 years & older

This drop-in program is for strong adult swimmers. Equipment, instruction and encouragement provided. Prolonged breath holding is not required and is discouraged.

DAYS: Wednesdays

TIME: 7:00-8:30pm

LOCATION: Bellingham YMCA

FEES: FREE YMCA Members
Day Pass Non-Members

WHATCOM FAMILY YMCA

Bellingham Program Center
1256 N. State St, Bellingham
360-733-8630

www.whatcomymca.org

Lynden Program Center
100 Drayton St, Lynden
360-354-5000