

COACHING STAFF

Renee Rodgers

- Head Coach with over 20 years of swim team experience.
- 4th season with YMCA of Salem County.
- 2nd year as Head Coach.

Melissa Tozour-Mortimer

- Assistant Coach with over 15 years YMCA experience.
- YMCA National Qualifier.
- Graduate of YMCA Swim Program.



Kate Fowler

- Assistant Coach with over 20 years of swim experience.
- Graduate of YMCA Swim Program.
- 2nd season with YMCA Swim Team.

Gabriela Giordano

- Assistant Coach with over 8 years of swim experience.
- YMCA Swim Instructor.
- 2nd season with YMCA Swim Team.

YMCA of Salem County
204 Shell Road
Carneys Point, NJ 08069
Phone 856-299-1493
Fax 856-299-2309
Web www.mymca.net

YMCA of Salem County

DOLPHIN SWIM TEAM



Phone: 856-299-1493

SWIM GROUPS

Junior Dolphins

- Beginners

Dolphins

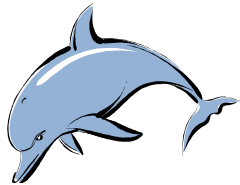
- Emphasis on stroke mechanics

Pre-Seniors

- Continued emphasis on stroke mechanics
- Long yard training

Senior Dolphins

- "A" swimmers
- High School swimmers
- Long yard training



YMCA OF SALEM COUNTY
DOLPHIN SWIM TEAM

SWIM SEASON

The swim season begins Thursday, October 21st and includes:

- Between five to seven dual meets
- League championships

Meets begin in November. A schedule will be handed out during the first week of practice.

For more information contact Renee Rodgers, Head Coach at reenenrodders@hotmail.com

MEMBERSHIP INFORMATION

HOW TO JOIN

Joiner Fee

A joiner fee is paid at the time you begin your YMCA Full Membership and entitles you to a fitness center orientation. This fee is used to help fund improvements and renovations. The joiner fee is a one-time fee as long as you remain an active member of the YMCA of Salem County. If you choose to cancel or discontinue your membership for more than 30 days, a joiner fee will be charged when you reapply for membership.

PAYMENT PLANS

Annual: Payment in full with cash, check, Visa or MasterCard.

Interest Free Electronic Funds Transfer (EFT) or Credit/Debit Card: Monthly dues are paid by withdrawal from your checking account, savings account or Visa/MasterCard draft. Payments will appear on your monthly statements.

*Active Military, Full-time College Students, Volunteer Firemen and Volunteer EMT's: Receive a 20% discount on your membership. ID proving your current/active status is required.

POLICY INFORMATION

Change of Membership Status/Cancellation

As a YMCA member, you are not obligated by a contract. However, all termination requests must be received in writing 30 days prior to the next month's draft. All status or billing information changes must be updated at the Member Service Desk. Please note that all memberships and joiner fees are non-transferable and non-refundable.

Membership Type	Joiner Fee	Draft Amount	Draft Date
Family	\$60	\$49.50	6 th
Single Family	\$50	\$41.25	6 th
High School	\$35	\$18.00	26 th
Youth	\$35	\$14.00	26 th

SWIM TEAM FEES

Registration Fee: \$45 per swimmer

*Separate check payable to YMCA Dolphin Swim Team

Swim Team Fee: \$300 1st Child

\$270 2nd & 3rd Child

*Check, MC or Visa payable to YMCA of Salem County

TENTATIVE PRACTICE SCHEDULE

Tuesdays & Thursdays

5:30 pm to 6:30 pm

8 & under

9 & 10 year olds

11 & 12 year olds

*some 11 & 12 year olds may be asked to swim later with the older groups.

6:30 pm to 8:00 pm

13 & 14 year olds

15 –18 year olds

Wednesdays

6:30 pm to 8:00 pm

13 & 14 year olds

*some 11 & 12 year olds may be asked to come this day.

Fridays

5:15 pm to 6:15 pm

8 & under

9 & 10 year olds

11 & 12 year olds

6:16 pm to 7:15 pm

13 & 14 year olds

15 –18 year olds

**All participants must know how to swim one lap of freestyle.

PARENTS MEETING

Our first parents meeting will be Thursday, October 28th from 6:45 to 7:30 pm at the YMCA of Salem County.