

HAZY SWIM TEAM

eliminating racism
empowering women
ywca

Swim team "Try Outs" Friday, October 27th 5-6pm, Hazleton YWCA

Winter season starts Oct 30th

Practice Schedule:

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Elite	5:45-8 pm @HAHS	5:45-8 pm @HAHS	5:45-8 pm @HAHS	5:45-8 pm @HAHS	4:45-6:15pm @YWCA
Gold	6-8 pm @HAHS	6-8 pm @HAHS	6-8 pm @HAHS	6-8 pm @HAHS	4:45-6:15pm @YWCA
Silver	6:15-8 pm @HAHS	6:15-8 pm @HAHS	6:15-8 pm @HAHS	6:15-8 pm @HAHS	4:45-6:15pm @YWCA
Bronze 1&2 (beginner)	6-6:45pm @HAHS		6-6:45pm @HAHS		4-4:45pm @YWCA

Practice Groups:

Bronze 1: Able to swim 1 lap confidently

Bronze 2: Able to swim all 4 strokes legally, 6x 50's free on 1:30

Silver: Achieves a 100 I.M. time of 2:15.00 or faster, 6 x 50's free on 1:15

Gold: Achieves a 100 I.M. time of 1:28.00 or faster, 10 x 50's free on :55

Elite: Achieves a 100 I.M. time of 1:20.00, 10 x 50's free :40

Additional Information:

<http://www.hazletonymcaywca.org/swim-team.html>

Email: ssadowski@hazletonywca.org

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