

Practice Schedules

*Swimmers are required to arrive 15 minutes prior to practice for appropriate stretching and warm up.

East Bridgewater Branch:

Tuesday/Thursday: 6pm-7:15pm

Middleboro Branch:

Monday/Wednesday: 6:45pm-8pm

Thursday: 6:00pm-8:00pm

Taunton Branch:

Tuesday/Thursday: 5pm-7pm

Wednesday: 5pm-6pm Dryland

Wednesday: 6pm-7pm Lightwater

Friday: 5pm-6:30pm

Contact Us

Liz Forgue

Swim Team Director/ Taunton Aquatics Director

508-823-3320 ex 36

lforgue@oldcolonymca.org

East Bridgewater, 635 Plymouth Street || 508-378-3913

Lauren Buchanan || LBuchanan@oldcolonymca.org

Middleboro, 61 East Grove Street || 508-947-1390

Sam Seidner || SSeidner@oldcolonymca.org

Taunton, 71 Cohannet Street || 508-823-3320

Liz Forgue || LForgue@oldcolonymca.org

The Old Colony YMCA is a charitable, non-profit association committed to the development of strong spirit, mind, and body, guided by Judeo-Christian principles, to enrich the quality of life for everyone in our communities.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM TEAM

OCY
STORM



SEP. 12TH - MAR. 26TH

Storm Swim Team

The Old Colony YMCA Storm swim team follows the strong YMCA philosophy of "Everybody Swims, Everybody Wins!" As a team, OCY Storm seeks to provide opportunities for social development through travel and meeting new people. Team membership provides the opportunity to develop well rounded swimmers, and for each individual to better oneself.

The overall development of each participant in the program is based on long term goals to produce the most meaningful return at the end of the swimming investment. We strive towards an ultimate goal of providing age appropriate training that enables swimmers to reach their full potential, while helping in the mental, emotional, and social development of all our swimmers. Our goals are to develop within each swimmer the desire to succeed, a willingness to work hard, self-discipline and self-reliance, a sense of sportsmanship, and loyalty to other team members, the coaches, and to the YMCA.

Membership

The Storm swim team welcomes all interested swimmers between the ages of 6 and 18, regardless of ability. **All swimmers must be members of Old Colony YMCA**

Practices and Meets

Practices: Swimmers are placed into groups based on current ability, not their age. Many other factors will also be considered, including: the ability to concentrate in practice and at meets, and the current physical development of the participant. As part of the OCY Storm swim team, you are able to practice at all three locations.

Practice schedule is located on the back of this program. *Subject to change

NEW LEAGUE-Senecy Swim League

Storm Swim Team members are now members of the Senecy Massachusetts YMCA Swim League. All members of the team are eligible to compete in YMCA meets, which will consist of invitational meets, dual meets and championship meets. This new league will provide swimmers with more meets, better competition, and a stronger swim team experience.

Swim Meets: Throughout the season, OCY Storm will be involved in multiple dual meets, Senecy Championships, and if qualified YMCA New England's. More information on meets will come via swim team handbook.

Registration & Fees

\$475/season

\$250 High school student rate

\$25 Sibling discount

*Cost of swimsuits and caps not included in registration fees.

Payment plans are available. Please consult Aquatics Director at your home branch for payment plans.

\$25 OFF | IF YOU REGISTER BEFORE AUG. 28TH

Swimsuit Vendor

Beach Party has been specializing in swimwear since 1988. As a family business, Kathy & Sylvia, a mother-daughter team, specialize year-round in quality customer service, knowledge and selection. They carry from the latest to the most traditional styles for the entire family, for all sizes, shapes, tastes and budgets. **All team merchandise will be purchased through: Beach Party**

Due to a new league, all swimmers must purchase new suit & cap for swim team 2016-2017.

Payments will be collected day of by Beach Party: Cash, Credit Card, Check are all accepted. Please make checks out to Beach Party.

Swimsuit Measurement Day:

Taunton Branch: 71 Cohannet St. Taunton, MA 02780

September 26th 5:00pm

Stoughton Branch: 445 Central St. Stoughton, MA 02072

September 30th 5:00pm

Suit Fees:

Suit & cap:

Cap only:

Female \$54

\$4

Male \$41

If you are unable to make the swim suit fitting please contact Kathy Wedge, owner of Beach Party Swimwear:

401-683-0170

kathy@beachpartyswimwear.com