

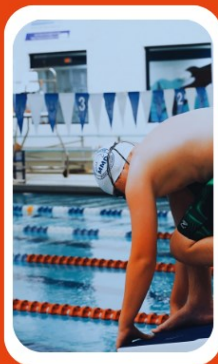
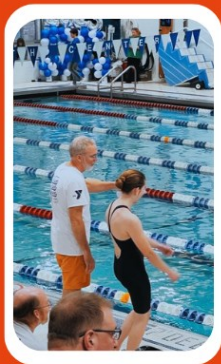


YMCA of Greater Waterville's
**MID-MAINE
DOLPHINS
SWIM TEAM**

A registered Y-USA and USA Swimming Registered Team

Benefits of Joining a Swim Team

- Improve & Enhance Physical Fitness
- Technique & Skill Development
- Teamwork & Social Interaction
- Goal Setting & Achievement
- Mental & Emotional Benefits
- High Quality, Professional Coaching



ALFOND YOUTH & COMMUNITY CENTER



More Information &
Online Registration



Join Our Team!

- Beginners or Experienced Swimmers Welcome
- Ages 5+
- Season runs September 8 through mid-March
- Financial assistance through the AYCC's Affordable Access Program

Boys & Girls Clubs and YMCA of Greater Waterville
at the Alfond Youth & Community Center, 126 North Street, Waterville, Maine 04901
207-873-0684 | www.clubaycc.org | aquatics@clubaycc.org

BELONG BELIEVE ACHIEVE

WINTER TEAM INFO



All groups focus on having fun in a competitive atmosphere, building stamina and endurance, stroke technique, race strategy, and being part of a healthy team. All swimmers are encouraged to compete in YMCA swim meets.

Junior Dolphins: The Junior Dolphins at the AYCC is a fantastic opportunity for young swimmers coming through our swim lesson program (and beyond!) to get a taste for a structured swim team environment, make new friends and learn new skills in the water! At a competitive and affordable price, this program runs two days a week and serves an excellent 'bridge' program for kids and families who might have other commitments and still want to explore their talents in the water! **Practices: Tu/Th 5:15-6:00 pm**

Bottlenoses: Swimmers in the Bottlenoses group must be able to swim the length of the pool (25 yards) on their own, in both the front crawl and backstroke. This group will learn breathing techniques, competitive strokes, dives, and other basics of competitive swimming. (Recommended Ages 5-9) **Practices: M/W 5:30-6:15 pm & F 4:00-4:45 pm**

Stripes: Swimmers in the Stripes group must be able to swim all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) and be able to swim several hundred yards continuously. They should be able to dive, do flip turns, use breathing techniques, and understand the pace clock. They may join USA Swimming with coach approval. (Recommended ages 8-11)

Practices: M/W 6:15-7:00 & Tu/Th 6:00-7:00 pm & F 4:45-5:30 pm

Duskys: Dusky swimmers must competitive swim team experience, and the endurance and self-motivation to complete one-hour practices with vigor. They focus on higher-level stroke techniques and race strategies. Duskys know how to read a pace clock and how to swim sets independently. They are encouraged to join and compete within USA Swimming for additional growth opportunities. (Recommended ages 10-13)

Practices: M/W/F 4:00-5:30 pm & Tu/Th 5:30-6:30 pm

Orcas: Orca swimmers make up our most advanced practice group and are ready to compete at the highest level. They are self-motivated, dedicated, hard working swimmers ready for challenging and technical practices. Orcas keep a focus on stroke techniques while optimizing their speed and stamina. Goals include implementing race strategies, breathing patterns, and stroke and kick rates. Swimmers in this group and age 13+ may participate in optional weight lifting sessions with our personal trainers. They are expected to volunteer/mentor teammates and demonstrate role-model behavior on and off the deck. They are strongly encouraged to join and compete in USA Swimming. (Ages 10-18).

Practices: M-F 4:00-5:30 pm

Your athlete will be assigned to a practice group based on their swimming ability. If you do not know what practice group your athlete is in, please contact Coach Matt Reed:

mreed@clubaycc.org | 207-873-0684

FEES & PAYMENT OPTIONS

As a registered YMCA Swim Team, it is required that each swimmer must hold an active AYCC Membership throughout the season: September 8, 2025 through March 2026 championships.

AYCC Membership Rates:

Youth \$50/year • Teen \$230/year or \$20/month • Family begins at \$60/month

Youth Membership does not include access to the AYCC's fitness classes, Gronk Zone, Lift Zone, or the Wellness Center.

Full Season Pay - Requires full payment for the season and is due at the time of registration.

Financial assistance is available for full season pay and through the bank draft option.

Complete our Affordable Access Program Application along with one month's worth of household income information required for processing. Apply online:

<https://www.clubaycc.org/membership/financial-aid/>

Automatic Monthly Payment Option - Payments are split as a monthly draft over each of the seven months of the swim season. A small convenience fee is added to this option. Requires a financial agreement to process fees in this manner. This option is not available for Junior Dolphins.

Payment Options: Online www.clubaycc.org/registration / Phone 207-873-0684 / In Person

All payment options must be complete prior to the athlete entering the pool for any practices and/or meets.

Level	Full Season	Monthly Auto Payments TOTAL w/Fee - additional paperwork required	Initial Pmt. @Registration	Monthly** Auto Payments
Bottlenoses	\$305.00	\$315.00	\$45.00	\$45.00
Stripes	\$395.00	\$405.00	\$60.00	\$57.50
Duskys	\$545.00	\$555.00	\$81.00	\$79.00
Orcas	\$645.00	\$655.00	\$94.00	\$93.50

****Monthly Automatic Payments** will be deducted from an account each month according to the relevant payment amount and on the following schedule:

Initial payment at registration PLUS:

Oct 1, 2025 Nov 1, 2025 Dec 1, 2025 Jan 1, 2026 Feb 1, 2026 Mar 1, 2026





Authorization for Automatic Withdrawal of Membership/Program Payments to the AYCC

Daxko Primary Last Name _____ First Name _____
 Daxko Unit ID _____

_____ Full Balance / Amount Due Name of program participant(s) _____

_____ Amount of Scheduled Fee Frequency of scheduled payments **Weekly** **Bi-Weekly** **Monthly**
 Payments to be made on the following dates

Last Payment Date _____

Please list the membership or programs that this form authorizes payments for.

I authorize my financial institution to honor pre-authorized drafts drawn by the Alford Youth and Community Center on my account for payments due to the AYCC.

BANK ACCOUNT

ACCOUNT HOLDER NAME: _____

FINANCIAL INSTITUTION NAME: _____

CHECKING _____ SAVINGS _____

FINANCIAL INSTITUTION ROUTING NUMBER: _____

ACCOUNT NUMBER: _____

OR CREDIT CARD

CREDIT CARD ACCOUNT HOLDER NAME: _____

CREDIT CARD INSTITUTION NAME: _____ CARD TYPE: _____

CREDIT CARD NUMBER: _____ EXP. DATE: _____

I hereby authorize The Alford Youth and Community Center to initiate a debit entry to my checking/savings account or credit card account at the financial institution listed above and initiate adjustments (if ever necessary) for any transaction debited/credited in error. This authority will remain in effect until the Alford Youth and Community Center is notified by me in writing. The written notice must be received by the Alford Youth and Community Center at least 14 days before the next billing cycle.

Returned transactions for reasons such as: declined, insufficient funds, closed account, member contact issuer; will incur a \$10-\$30.00 fee payable to the AYCC upon repayment of initial declined payment upon each occurrence. Initial payment, plus AYCC fee must be paid in full within 14 days by cash, money order, bank check or credit card. Continued occurrences may result in the loss of childcare.

 Name of Authorized Account Holder Signature of Authorized Account Holder Date

Date Authorization Received _____ Staff Entering Authorized Payments _____