

Montclair YMCA Aquatics Program

For School Age Aquatics please call 973-415-6130

Our Progressive Swim Program is designed for youngsters in first grade and above. Its primary objectives are the achievement of aquatic skills and personal safety. Your child will learn skills that will help him/her develop a sense of security in and around water and gain a good start in one of life's most valuable activities - swimming.

Our Progressive Swim Program is broken down into nine levels:

Polliwog I, II (Beginner)	Fish (Swimmer)
Guppy (Advanced Beginner)	Flying Fish (Advanced swimmer)
Minnow I, II (Intermediate)	Porpoise (Leadership development)
	Barracuda (stroke and turn)

Private Swim Lessons: Private lessons are offered to swimmers with special needs or to swimmers who are looking for one-on-one or semi-private lessons. For more information, call **William Wilkinson** at **973-415-6130**. Membership required.

Adult classes are offered in the morning and evening. Youth classes are offered after school. For more information, call the Aquatics department at 973-744-3400.



www.montclairymcaswimming.com

For more information regarding the Dolphins swim team and stroke clinics, please call: 973-415-6120 or email

Jon Siegel (Head Coach) @ JPSIEGELNJ@aol.com

Montclair YMCA Dolphins Swim Team
One of New Jersey's premier teams

25 Park Street, Montclair, NJ
www.montclairymcaswimming.com



Top 10 reasons to swim with the best...

under the direction of Head Coach Jon Siegel and his staff, the Montclair YMCA Dolphins have produced:

1. Numerous YMCA and USA National Top 16 ranked swimmers
2. Numerous NJ State record holders—individual and relays
3. Swimmers qualifying for NJ Zones, USA Sectionals, USA Junior Nationals, YMCA and USA Senior Nationals and Olympic Trials
4. 4 YMCA national champions (3 individuals, 1 relay)
5. NJ High School State Champions
6. 9th place finisher at 2004 Olympic Trials
7. Two #1 ranked 11-12 girls in the country (2005)
8. All time program highs in qualifiers for YMCA States, Junior Olympics, USA Sectionals, YWCA Champs, and YMCA Nationals
9. YMCA State Champions
10. 3rd place YMCA LC Nationals swimmer (2004)



The Montclair YMCA Dolphins Swim Team (MYM) offers a year-round opportunity for competitive swimming in both YMCA and USA Swimming competitions as well as seasonal instructional clinics for aspiring competitive athletes. The team is comprised of girls and boys from age 6 through high school graduation.

The major objective is to offer the competitive swimmer a fun and challenging program, which will aid them in developing a systematic blueprint to succeed. The Montclair YMCA coaching staff stresses individual self-improvement as each swimmer's primary goal. Training in stroke techniques, speed, and conditioning/endurance are customized to ability and age to help achieve this goal. All swimmers will train all of the competitive strokes with attention to "specialties" as they gain experience and demonstrate success.

Coaching Staff:

Entering his fourth year with this Dolphins and first year as Head Coach is Jon Siegel. Previous to Montclair, Jon spent eight years as Head Coach at the Madison Area YMCA and three years at the West Essex YMCA. He was also an Assistant Coach at the Summit Y for one season. Jon has coached in the Northern NJ area for the last 15 Plus years between the Livingston Aquajets, Berkeley Heights Streamliners, Minisink Manta Rays and Morristown Beard High School. Jon is currently YMCA Of The USA Swim Coach Faculty and is on the NJ Swimming Camps Committee. He has sat on the New Jersey YMCA Executive Swim Committee, the USA Swimming National Communications Committee and has also served as Junior and Senior Coaches Rep on the NJ Swimming Board. Jon has been the Head Coach of the NJ Swimming All Star Zone Team in 1999, 2002 and 2005 and has been an assistant coach at Zones in 2000 and 2003. Most recently Jon coached USA Swimming's Eastern Zone Select Camp in 2006.

Ft. Lauderdale, Florida



2007 Short Course YMCA National Team

Head Age Group Coach Brian Greene is in his fifth year at the Montclair YMCA and he brings 20 Plus years experience in the Northern New Jersey area. His Head Coaching experience includes : Montclair YMCA (Former), West Essex YMCA, Berkeley Heights Streamliners, Livingston Aquajets, Governor Livingston High in addition to being Assistant Head Coach at Summit YMCA and Montclair YMCA. Brian has worked with all levels of competitive swimming from Novice level to Olympic Trial Qualifiers, He is a USA/ YMCA certified Coach and is a former Star Ledger High School Coach of the Year, Most importantly Brian is known for his enthusiasm as well as his knowledge of stroke technique, conditioning, and motivational skills.

Rounding out the coaching staff will be Lauren Sharkey, Marvin Navata, Marc Navata, Kenny Plattt, Dawn Amodio, Paul Stratis, Paulo Madeira, and Danny Asencio who all have extensive experience as age group swim coaches.



2007 YWCA Jr/Sr Swimming Team — Charlotte, NC

BACK BY POPULAR DEMAND!

The swim team under the direction of Jon Siegel and his coaching staff will be offering two **technique oriented programs** in September, **"Stroke of Genius Technique Clinic"** and **"Little Dolphins Technique Clinic"**. Check our team website, www.montclairymcaswimming.com for program details.

The **Stroke of Genius Technique Clinic** will be offered for swimmers aged 9-13 with the goal of developing the four competitive strokes and building endurance. Thus will be a once a week program (Sundays) with an option to compete in a few in-house events or local YMCA competitions if desired. It's perfect for the swimmer who want to work toward their goal of making the Dolphins in the future or just wants to work on perfecting their strokes and keep in shape.

The **Little Dolphins Technique Clinic** will be primarily for swimmers aged 6-9 with limited (or no) competitive experience. Swimmer must be able to swim 25 yards of freestyle or front crawl and backstroke for program consideration. This will also be offered once a week on Sundays with an option to compete in a few in-house events or local YMCA competitions if desired.

See Website for tryout information.