

Montclair YMCA Aquatics Program

For School Age Aquatics

please contact **William Wilkinson at 973 744 3400, ext. 130**

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)

Guppy (Advanced Beginner)

Minnow I, II (Intermediate)

Fish (Swimmer)

Flying Fish (Advanced swimmer)

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 973-744-3400, ext. 130**. 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.



For more information regarding the Dolphins swim team and stroke clinics, please call: 973-744-3400 X109

Brian Greene (Head Coach) @ B.Greene@montclairymca.org
OR

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

Montclair YMCA Dolphins

One of New Jersey's premier teams

Check out our website at

www.montclairymcaswimming.com



Top 10 reasons to swim with the best...

under the direction of Head Coach Brian Greene 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, 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 (2004)
10. 3rd place YMCA LC Nationals swimmer (2004)



This will be Head coach **Brian Greene's** fifth year at the Montclair YMCA and he brings 20+ years of coaching experience in the northern NJ area. Working with all levels of competitive swimming from Novice level to USA/ YMCA National and Olympic Trials qualifiers. He is a USA/YMCA certified Coach and is a former Star Ledger High School Coach of the Year known for his enthusiasm as well as his knowledge of stroke technique, conditioning, and motivational skills.

Returning for his third year with the Dolphins will be Head National and Assistant Head Coach **Jon Siegel**. Jon spent eight years as head coach at the Madison Area YMCA and has coaching experiences including West Essex Y, Summit Y, NJ Swimming All Star Zone Team (1999-2005), and various summer league swimming. Jon is a YMCA Advanced Swim Coach Trainer and sits on the New Jersey YMCA Executive Swim Committee.

Rounding out the coaching staff will be Lauren Sharkey, Marvin Navata, Marc Navata, Mike Navata, Kenny Plattt, Dawn Amodio, Carly Orpurt, Simone Fanous, Paul Stratis, Paulo Madeira, Ashley Pantoll, Danny Asencio, Kim Geiger, and Tara O'Shea who all have extensive experience as age group swim coaches.



**2006 YWCA Junior-Senior Swimming Team
Charlotte, NC**

BACK BY POPULAR DEMAND!

The swim team under the direction of Brian Greene 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.

Come to our tryouts for an evaluation.

TRYOUTS @ Montclair YMCA, 25 Park St, Montclair, NJ

Age As of 12/1/06	Tue 9/5		Wed 9/6		Thr 9/7
6-10	3:30-5:30p	OR	3:30-5:30p		
10-13			6:30-9p	OR	3:30-5:00p
11-18	6:30-9p	OR			6:30-9p

Makeup for all ages: Sat 9/9/06 (9-12 noon)

Please arrive 15 mins early for tryout registration at the beginning of each time slot. NO LATE COMERS. Each swimmer will be allowed to try out only once. Y membership is not required for tryouts.