



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM COMPETE ACHIEVE

Y Blue Dolphins Swim Team 2025 WEST CABARRUS YMCA

The award-winning Blue Dolphins swim team is for swimmers 5 to 18 years old. Experienced coaches are committed to creating a quality swimming environment that allows for a strong focus on technique. This team recognizes individual goals, as well as team success with award ceremonies and an end-of-season celebration. This is a FAMILY commitment: Swimmers SWIM, Parents help run meets by volunteering!

SESSION DATES

May 5 – July 13 (tentative end date)

PRACTICE SCHEDULE

May 5 – May 23 (3 options available/age group)

Monday

8 & under | 5:30–6:30pm 9–10 | 6:30–7:30pm 11–12 | 7:30–8:30pm

Tuesday

8 & under | 5:30–6:30pm 9–10 | 6:30–7:30pm 11–18 | 7:30–8:30pm

Wednesday

Adaptive Only | 5:30–6:30PM 13–14 | 6:30–7:30PM

15–18 | 7:30–8:30PM

Thursday

8 & under | 5:30–6:30pm 9–10 | 6:30–7:30pm 11–18 | 7:30–8:30pm

May 27 – July 10

Monday–Friday

10 & under | 9:30–10:30am 11–18 | 10:30–11:30am

Monday–Thursday

10 & under | 6:30–7:30pm 11–18 | 7:30–8:30pm

REGISTRATION & COST

Returning Swimmers | March 10 – May 23* | \$250 per member | \$300 per non-member

Sailfish Swimmers | March 17 – May 23 | \$150 | Must register at the Member Service Desk.

Members | March 17 – May 23* | \$250 per swimmer

Non-Members | April 3 – May 23* | \$300 per swimmer

*A 10% sibling discount is available to members and non-members with registration at the member service desk only. Online registrations forgo sibling discounts.

*Due to conference rules on team size, registration will close before May 10 if 150 participants have registered. Families will be added to the waitlist.

FOR MORE INFORMATION

YBD HEAD COACH

Laurel Keasler | ybdswimteam@gmail.com

AQUATICS DIRECTOR

Trey San Jose

tsanjose@rocabymca.org





Y Blue Dolphins Swim Team

Important Dates for 2025

Blue Dolphins Fair: Friday, April 25 | 5-7pm

Don't miss this important event! Best opportunity for swim suit fitting and ordering, sign up for volunteer spots (the best spots go early), view and order family spirit wear, purchase team caps, car decals/magnets!

*All new YBD families should attend for 'Summer Swim 101'!

First Week of Practice: May 5 (Practice schedule below)

"Intrasquad" Practice Swim Meet: Friday, May 30

At the West Cabarrus Y: Warm-Ups 5:30pm | Meet starts at 6pm

*All new YBD families should attend to finish 'Summer Swim 101' training

Regular Season Swim Meets: We will have 5 regular season meets.

Tuesday, June 10 | Away @ Concord Swim Club

Thursday, June 12 | Home vs. Monroe Marlins

Tuesday, June 17 | Home vs. Salisbury Cyclones

Tuesday, June 24 | Away @ Sheffield Manor Stingrays

Tuesday, July 1 | Away @ Cabarrus Country Club

Team Pictures | Friday, May 30

Team Parties | Friday, June 13 & Saturday, June 28

Conference Swim Meet | Friday & Saturday, July 11-12

End of Season Celebration | Sunday, July 13

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