



175 YEAR ANNIVERSARY

NO PLACE
Like This Place



SUMMER LEAGUE SWIM TEAM

10 weeks - June 1st to August 7th, 2026

Open to all skill and experience levels

~ LIMITED SPOTS AVAILABLE ~

Registration open: 3/1/26 - 6/5/26

"RIPPLES"

Ages: 4- 6 years old

Must be able to:

- blow bubbles
- float independently on back
- swim 10 feet

\$100

"WAVE RIDERS"

Ages: 7 - 10 years old

Must be able to:

- swim 25 yards Freestyle
- tread water for 30 seconds

\$200

"CURRENT CRUSHERS"

Ages: 11 - 14 years old

Must be able to:

- swim 50 yards Freestyle
- tread water for 30 seconds

\$275



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF ABILENE

SUMMER LEAGUE SWIM TEAM – INFORMATION

2026 Season

PRACTICE GROUPS

Ripples:

- 4 - 6 year olds
- Practice Schedule: Monday - Thursday from 5:00 PM - 5:30 PM
- Required Equipment: swim suit, water bottle, goggles (no diving goggles allowed)

Wave Riders:

- 7 - 10 year olds
- Practice Schedule: Monday - Thursday from 7:30 AM - 8:30 AM
- Required Equipment: swim suit, goggles, water bottle, swim cap

Current Crushers:

- 11 - 14 year olds
- Practice Schedule: Monday - Thursday from 6:30 AM - 7:30 AM & Friday from 7:00 AM - 8:30 AM
- Required equipment - competitive practice suit, goggles, water bottle, swim cap
- Recommended equipment - shirt, shorts, closed toe running shoes

COMMUNICATION APP

All parents and guardians responsible for practice drop off will need to download SportsYou and join our group. This group is specific to the Summer League Swim Team. Coaches are not responsible to relay separate information to parents not on this app.

Access Code:

2026 Summer League Swim Team: **VXAM-DSZC**



CANCELATIONS / REFUNDS

If a change is made from one practice group to the other after the summer season has already started, the balance difference must be paid by the responsible adult.

If you would like to cancel and withdraw from the Summer League Swim Team, no cancellation form needs to be filled out. Because this is a one time payment, refunds will not be given to anyone once the program starts.

If you would like to request a refund, it must be done prior to June 1st via email to the Aquatics Director at rdantzler@abileneymca.org.



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SUMMER LEAGUE SWIM TEAM - REGISTRATION FORM

2026 Season

Participant Name: _____ Ethnicity: _____

Date of Birth: _____ Age: _____ Gender: Male | Female (Circle one)

Address: _____

Shirt Size: YS | YM | YL | YXL | AS | AM | AL | AXL

Primary Contact Name: _____ Relationship: _____

Cell Phone Number: _____ Email: _____

Secondary Contact Name: _____ Relationship: _____

Cell Phone Number: _____

Select One:

- Ripples | 4 to 6 year olds..... \$100
- Wave Riders | 7 to 10 year olds..... \$200
- Current Crushers | 11 to 14 year olds..... \$275



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YMCA Refund Policy & Waiver

I hereby give my consent for this child to be photographed for publicity purposes (the photos will only be used for YMCA program advertisement purposes). By my signature and my free will, I do hereby agree to indemnify and save harmless the YMCA of Abilene from any and all claims or demands, costs or expenses arising out of any injuries or damages sustained by me or any party to or for whom I am responsible. The YMCA will give no refunds if requested after the program starts on June 1st.

Parent/Guardian Signature: _____ Date: _____

Front Office Use Only

Date Processed: _____	Employee Initials: _____
Total Amount Paid: _____	Receipt #: _____



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your cell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, they should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free, and it's OK to return to play.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
• Appears dazed or stunned	• Headache or "pressure" in head
• Is confused about assignment or position	• Nausea or vomiting
• Forgets an instruction	• Balance problems or dizziness
• Is unsure of game, score, or opponent	• Double or blurry vision
• Moves clumsily	• Sensitivity to light
• Answers questions slowly	• Sensitivity to noise
• Loses consciousness (even briefly)	• Feeling sluggish, hazy, foggy, or groggy
• Shows mood, behavior, or personality changes	• Concentration or memory problems
• Can't recall events prior to hit or fall	• Confusion
• Can't recall events after hit or fall	• Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other.
- Is drowsy or cannot be awakened.
- A headache that not only does not diminish, but gets worse.
- Weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.
- Convulsions or seizures.
- Cannot recognize people or places.
- Becomes increasingly confused, restless, or agitated.
- Has unusual behavior.
- Loses consciousness (even a brief loss of consciousness should be taken seriously).

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

FOR MORE INFORMATION ON CONCUSSIONS, VISIT: WWW.CDC.GOV/HEADS-UP

Student Athlete Name Printed

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date