

## REGISTRATION BEGINS

August 23 2019

Register online at [www.ymcamn.org/swimming/swim\\_team](http://www.ymcamn.org/swimming/swim_team) or visit our Member Services Desk

## WHEN

Full Season: Sept. 23- Feb. 23  
Fall Only: Sept. 23 - Dec. 1  
Winter Only: Dec. 2- Feb. 23

## WHERE

All practices are held at the Elk River YMCA .

Meets will be held at a variety of YMCAs in the Minnesota area. The meet schedule for Fall/Winter will be available by October 1.

## COST

### Novice

- \$230 Fall Only OR Winter Only
- \$335 Full Season

### Age Group

- \$245 Fall Only OR Winter Only
- \$360 Full Season

### Senior

- \$260 Fall Only OR Winter Only
- \$385 Full Season

\* Payment plan options available

## PRACTICE SCHEDULE

### ELK RIVER YMCA

Novice	W/F	5:00-6:00pm
	Sat	9:00-10:00am
Age Group I	W/F	5:00-6:30pm
	Sat	9:00-10:30am
Age Group II	T/Th	5:00-6:30pm
	Sat	10:30am-12pm
Senior I & II	T/W/Th/F	6:30-8:00pm
	Sat	10:30am-12:00pm

## MORE INFORMATION

For any addition information on the Rays Swim Team contact:

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Senior Coordinator  
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E [Michal.hawker@ymcamn.org](mailto:Michal.hawker@ymcamn.org)



YMCA OF THE GREATER TWIN CITIES  
ELK RIVER YMCA

13337 Business Center Dr Elk River, MN 55330  
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# ELK RIVER RAYS

2019-2020 FALL/WINTER  
SWIM TEAM  
YMCA IN ELK RIVER



## WHAT IS Y SWIM TEAM?

Becoming a member of the YMCA Swim Team means fun, fitness and teamwork. The YMCA swim team is run by trained coaches to improve swimmers' competitive skills and endurance through both appropriate developmental progression and healthy competition. The YMCA swim team promotes healthy lifestyles while embracing the four core values of Caring, Honesty, Respect and Responsibility.

## WHAT CAN I EXPECT?

We offer structured competitive swim team practices including: warm-up, stretching, technique, endurance, and cool-down. Participants are expected to come to practice to work hard and improve skills. Expect to be a part of the team by participating in the meets. While it is not a requirement to participate in the meets, it does showcase the team aspect of swimming: you swim together, you win together.

## WHO CAN JOIN?

Anyone who is between the ages of 5 and 18 can join the YMCA swim team! All swimmers must be members of the YMCA to participate.

Participants must demonstrate the following skills:

- 25 yards freestyle demonstrating breathing to the side and good body position
- 25 yards backstroke demonstrating good body position
- 25 yards breaststroke or butterfly
- Can demonstrate the fundamentals of a forward dive from the edge of the pool



## SPLASH WEEK—NEW SWIMMERS

We recommend all new swimmers try out before registering. Our coaches will help you determine which level is the best fit. Join us the week of Sept. 16–20 to give swim team a try!

**Monday, September 16:**  
5:30–6:30pm

**Wednesday, September 18:**  
5:30–6:30pm

**Friday, September 20**  
5:30–6:30pm



## PARENT VOLUNTEERS

The success of our team is closely linked with the participation of families. The team depends on volunteers to help run swim meets, plan and host social gatherings, or contribute to administrative support throughout the season. It teaches participants the value of helping others selflessly and doing something good for themselves as well as others.

Our team cannot function without volunteers! When your swimmers signs up for the team, the expectation is that you will help volunteer.