

REGISTRATION OPENS

August 23 2019

Register online at www.ymcamn.org or visit our Member Services Desk

WHEN

Fall/Winter: September 23 - February 23

Fall Only: September 23 - December 1

Winter Only: December 2 - February 23

WHERE

All practices are held at the Hudson YMCA.

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

COST

Novice

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

Age Group

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

Senior Group (INVITE ONLY)

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

* payment plan options available



PRACTICE SCHEDULE

HUDSON YMCA

Novice M/T/W/Th 4:30-5:15pm

Age Group T/TW/Th/Fri 5:15-6:30pm

Senior (Invite only) T/Th /F 6:30-8:00pm

Sun 6:00-8:00pm

Practice times are subjected to change

**Senior Group is by Coaches Invite Only **

MORE INFORMATION

For any addition information on the Hurricanes Swim Team contact:

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YMCA OF THE GREATER TWIN CITIES
HUDSON YMCA

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUDSON HURRICANES

2019-2020 FALL/WINTER
SWIM TEAM
YMCA IN HUDSON



YMCA IN HUDSON, WI
HURRICANES

WHAT IS Y SWIM TEAM?

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

WHAT CAN I EXPECT?

Practices are structured much the same way as any competitive swim team: 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 in the competitive season.

Participants must demonstrate the following skills:

- Can swim 25 yards freestyle demonstrating breathing to the side and good body position
- Can swim 25 yards backstroke demonstrating good body position
- Can swim 25 yards breaststroke or butterfly is a plus
- 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.

Wednesday, September 11th 5:00-6:00pm

Join us the week of September 23-27 for free to give swim team a try!



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 swimmer signs up for the team, the expectation is that you will help volunteer.