

REGISTRATION OPENS AUG. 16TH

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

WHEN

Full Season: Sept. 23 – Feb. 16
Fall Only: Sept. 23 - Dec. 1
Winter Only: Dec. 2 - Feb. 16

WHERE

All practices are held at the New Hope YMCA

Meets will be held at various YMCA's in the Minnesota area. Meet schedule will be available by October 1.

COST

Registration Fees

Novice

- \$230 Half Season (Fall OR Winter)
- \$335 Full Season

Age Group

- \$245 Half Season (Fall OR Winter)
- \$360 Full Season

Senior Group

- \$260 Half Season (Fall OR Winter)
- \$385 Full Season

Regional Season

- Feb. 17 - March 15
- Registration opens Jan. 1
- Regional Practice Fee: \$55
- Regional Meet Fee: \$50

- Payment plan options are available
- Fees must be paid no later than Oct. 23 for Fall Season and Dec. 13 for Winter Season

All Swim Team Participants Must be Members of the YMCA

PRACTICE SCHEDULE

NEW HOPE YMCA

Novice	T/Th	5:15-6:15pm
	Sun	4:30-5:30pm
Age Group I & II	T/Th	6:15-7:30pm
	F	5:30-7:00pm
	Sun	3:00-4:30pm
Senior I & II	T/Th	7:00-9:00pm
	F	5:30-7:00pm
	Sun	1:00-3:00pm

MORE INFORMATION

For any addition information on the AquaForce Swim Team contact:

Joe Janda
Aquatics Director
763 592 5548
Joe.Janda@ymcamn.org

Visit Our Team Website

www.TeamUnify.com/mnnha



YMCA OF THE GREATER TWIN CITIES
NEW HOPE YMCA
7601 42nd Ave N, New Hope, MN 55427
P 763 535 4800
W ymcamn.org/locations/new_hope_ymca



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW HOPE AQUAFORCE

2019-2020 FALL/WINTER
SWIM TEAM
YMCA IN NEW HOPE



NEW HOPE YMCA
AquaForce

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 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 meets. While it is not a requirement to participate in meets, it does showcase the team aspect of swimming: you swim together, you improve 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. Non members may join Spring Season.

Qualifications for Novice Swimmers are:

- 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



NEW SWIMMERS

We recommend all new swimmers try out before registering. Our coaches will help you determine which level is the best fit. Contact our Aquatics Director to learn more about trying Swim Team! Tryout dates are on September 15th and 17th.



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.

