REGISTRATION OPENS TUESDAY AUGUST 13, 2019

REGISTER ONLINE AT WWW.YMCA MN.ORG/SWIMMING/ SWIM_TEAM OR VISIT OUR MEMBER SERVICES DESK

WHEN
Full Season:  September 23 – February 23
Fall Only:  September 23 – December 1
Winter Only:  December 2 – February 23

WHERE
All practices are held at the White Bear Area YMCA. Meets will be held at a variety of YMCAs in the Minnesota area. The meet schedule for fall/winter season will be posted on the Mainer website: www.teamunify.com/mnwbam.

COST
Novice Practice Group Fee
- $230 Fall Only/Winter Only
- $335 Full Season
Age Group Practice Group Fee
- $245  Fall Only/Winter Only
- $360  Full Season
Senior Group Practice Group Fee
- $260 Fall Only/Winter Only
- $385  Full Season

*Payment plan options available
*Fees must be paid no later than September 27 for fall season and December 20 for winter season.

MORE INFORMATION
For any additional information on the Mariners Swim Team contact:

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Aquatics Director
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YMCA OF THE GREATER TWIN CITIES
WHITE BEAR AREA YMCA
2100 ORCHARD LANE WHITE BEAR LAKE MN 55110
P 952 544 7708  W www.ymcamn.org/whitebear
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.

SPASH 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 for free to give swim team a try!

Friday, September 20  5pm – 6pm

Participants must demonstrate the following skills:
- Can swim 25 yards freestyle demonstrating breathing to the side and good body position
- Can swim 25 yard 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

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.