

REGISTRATION BEGINS

August 15, 2019

Register online at 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 YMCA in Eagan and Woodbury, see practice schedule.

Meets will be held at YMCAs in the Greater Twin Cities Area. The meet schedule for Fall/winter will be available by October 1.

COST

Novice

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

Age Group

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

Senior

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

* payment plan options available

PRACTICE SCHEDULE

YMCA IN EAGAN

Novice	T/W/TH	5:00pm - 6:00pm
Age/Senior	M/T/W/TH	6:05pm - 7:35pm

YMCA IN WOODBURY

Novice	W/F	5:00pm - 6:00pm
	Sun*	2:30pm - 3:30pm
Age/Senior	W/F	6:05pm - 7:35pm
	Sun*	3:35pm - 5:05pm

*Every other Sunday, practice is held at the YMCA in West St. Paul and The Grove. Please see our website for more details at:

<https://www.teamunify.com/Home.jsp?team=mnwspt>

MORE INFORMATION

For any addition information on the Thunderbolts Swim Team contact:

Jordyn Antl
Aquatics Director
YMCA in Eagan
P 651 683 4707
E jordyn.antl@ymcamn.org

Or
Brooklyne Birk
Aquatics Director
YMCA in Woodbury
P 651 747 0877
E brooklyne.birk@ymcamn.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHSIDE THUNDERBOLTS

2019-2020 FALL/WINTER SWIM TEAM YMCA IN EAGAN & WOODBURY



THUNDERBOLTS

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.

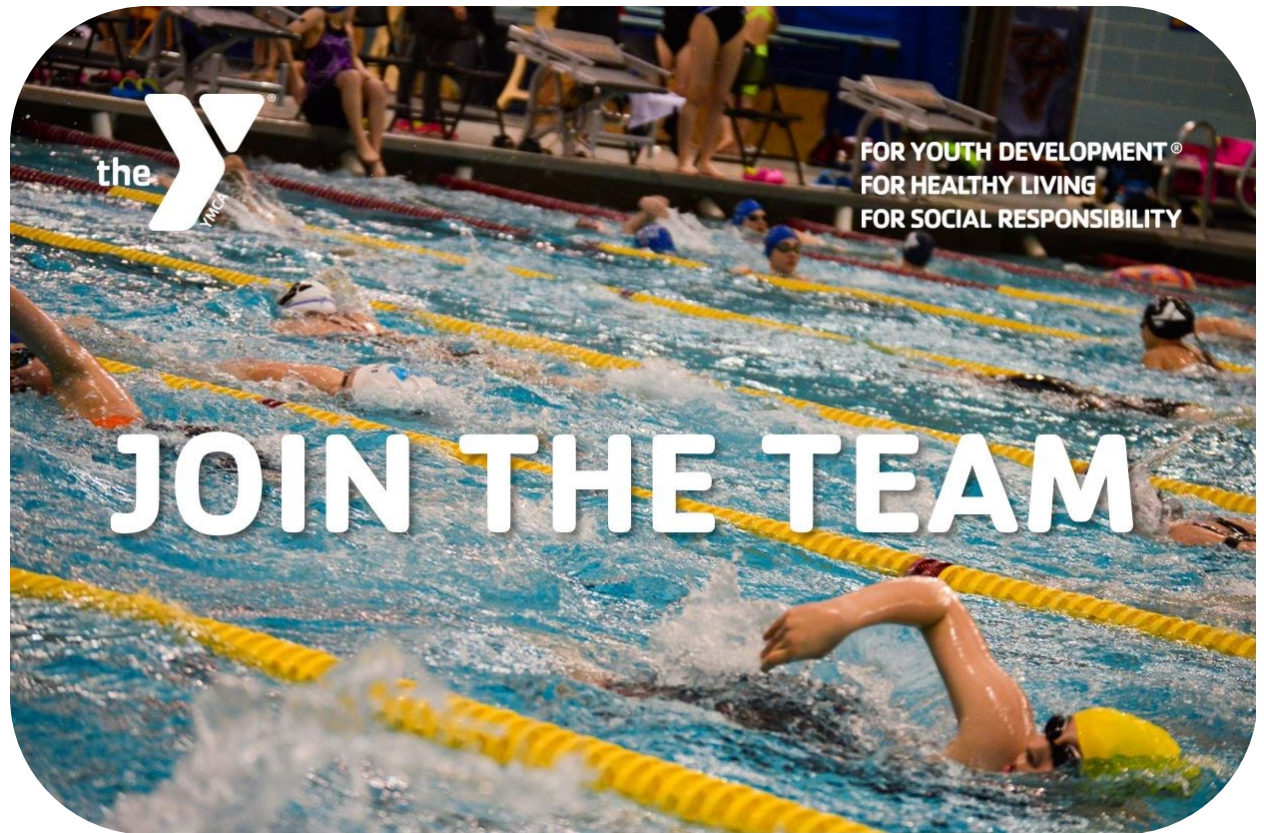
WHO CAN JOIN?

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:

- 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

Not sure if you're ready for the full commitment? Our spring season is perfect for you! Only in spring do we have the option to try swim team with a non-member option.



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. 10-14 free to give swim team a try!

AT YMCA IN EAGAN

Thursday, Sept. 19 5:30pm - 6:30pm

AT YMCA IN WOODBURY

Wednesday, Sept. 18 5:30pm - 6:30pm

Friday, Sept. 20 5:30pm - 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.

