



YMCA SWIM TEAM

Winter/Spring 2023

Requirements to join:

MUST be 6 years old and up.

MUST be able to swim 25 yards (pool Length) unassisted.

MUST be able to back float and/or tread water for 10 seconds.

What to expect:

A fun and challenging experience, where you'll learn to be more confident in and out of the water. We will focus on proper stroke technique, endurance training and working together as a group.

Days and times of practice:

Tuesdays and Thursday 4:15-5:15pm

Starts/ends:

January 10th-March 30th

No swim team practice March 6-10th (college spring break). Full swim team practice and days off schedule will be given on January 10th, first day of practice.

Price:

Members: \$110.00

Non-members: \$130.00

A full calendar of swim team will be given to the swimmers and parents 19th. This will include swim meet dates, days practice is canceled and any other information that swimmers and parents will need to know.

Any questions please contact Terri Haverfield 406-683-9622