

**YMCA OF THE NORTH**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**White Bear Area YMCA**  
2100 Orchard Lane  
White Bear Lake, MN 55110  
P 651-777-8103

[www.ymcanorth.org](http://www.ymcanorth.org)



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# MARINERS

## SWIM TEAM

**White Bear Area YMCA and  
Maplewood YMCA Community Center**



# DIVE IN

## SWIM TOGETHER, WIN TOGETHER

### YMCA SWIMMING

#### WHAT IS OUR MISSION?

We are here for fun, teamwork, healthy competition, belonging and empowerment, and for the pursuit of a personal best. This may be through the accomplishment of finishing a practice or swimming at Y Nationals; we have a place for all.

#### 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 five core values of Caring, Honesty, Respect, Equity, and Responsibility.

#### WHAT CAN I EXPECT?

We offer structured competitive swim team practices including: stretching, warm-up, technique, endurance, and cool-down. Participants are expected to come to practice to work hard and improve skills. 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?

#### 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 demonstrate the fundamental knowledge of what breaststroke and butterfly should look like
- Can demonstrate the fundamentals of a forward dive from the edge of the pool
- Mastery of strokes is NOT required to join!

**We require all new swimmers to do an assessment before registering. Our coaches will help you determine which practice group is the best fit.**

Contact [mariners@ymcanorth.org](mailto:mariners@ymcanorth.org) to set up an assessment.

#### CONTACT US

For any questions or additional information about our team, contact:

**Laura Nitti**  
**Swim Team Administrator / Head Coach**  
[laura.nitti@ymcamn.org](mailto:laura.nitti@ymcamn.org)  
[mariners@ymcamn.org](mailto:mariners@ymcamn.org)

**Sarah Rae Helms**  
**Aquatics Director**  
**White Bear Area YMCA**  
**P 651-259-1463**  
**E [sarah.helms@ymcanorth.org](mailto:sarah.helms@ymcanorth.org)**

### MARINERS

#### PRACTICE SCHEDULE

Practices for Mariners are held at White Bear Area YMCA.

#### NOVICE 1

Day	Time	Location
M/TH	5:35pm - 6:35pm	White Bear
SUN	2:00pm - 3:00pm	White Bear

#### NOVICE 2

Day	Time	Location
T/F	5:35pm - 6:35pm	White Bear
SUN	2:00pm - 3:00pm	White Bear

#### AGE GROUP / SENIOR

Day	Time	Location
M/T/TH/F	6:45pm - 8:00pm	White Bear
SUN	3:05pm - 4:20pm	White Bear

**FOR MORE INFORMATION, VISIT OUR TEAM WEBSITE AT:**

**[WWW.TEAMUNIFY.COM/MNWBAM](http://WWW.TEAMUNIFY.COM/MNWBAM)**

### PRICING

#### WHAT IS INCLUDED IN THE FEE

Swim team fees include an average of 3-4 practices a week, entry fees for all regular season YMCA meets including Sectionals and State Meet (for qualifying swimmers).

The YMCA of the North offers program and membership assistance through our Annual Fund. If you are in need of financial assistance, please talk to an Aquatics Director or Member Services Staff for more information.

#### **September 18, 2023 - February 25, 2024**

Novice 1 & 2: \$649.75  
Age Group / Senior: \$805.00

**High School Boys Senior \$385.00**  
**September 18 - December 3, 2023**

**High School Girls Senior \$560.00**  
**November 5, 2023 - February 25, 2024**

*\*Swim team fees are eligible to be paid into multiple payments.*

### PARENTS

#### 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 sign up for the team, **the expectation is that you will help volunteer.**