

YMCA OF THE NORTH
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING

Shoreview YMCA
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www.ymcanorth.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE MARLINS

SWIM TEAM

YMCA Located in Shoreview



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, Responsibility, and Equity.

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. It is recommended to try at least one meet during the season.

WHO CAN JOIN?

JOINING OUR TEAM?

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 recommend all new swimmers try out before registering. Our coaches will help you determine which level is the best fit. Contact: marlins@ymcamn.org to set up a time to try-out.

CONTACT US

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

Karen Mitchell

Swim Team Administrator — Shoreview

E: marlins@ymcamn.org

Brady Carlson

Aquatics Supervisor — Shoreview

E: brady.carlson@ymcamn.org

THE MARLINS

SPRING/SUMMER PRACTICE SCHEDULE

Practices for the Marlins are held at the Shoreview Y.

NOVICE

Spring 2025 April 14th– June 2nd

Monday	6:00p- 7:00p	Shoreview
Tuesday	7:15p- 8:15p	Shoreview
Friday	6:00p- 7:00p	Shoreview

Summer 2025 June 2- Aug 10th

Monday	6:00p– 7:00p	Shoreview
Tuesday	7:15p– 8:15p	Shoreview
Sunday	1:45p– 2:45p	Shoreview

AGE GROUP

Spring 2025 April 14th– June 2nd

Monday	7:00p- 8:30p	Shoreview
Wednesday	6:00p- 7:00p	Shoreview
Friday	6:00p- 7:30p	Shoreview
Sunday	1:45p- 3:15p	Shoreview

Summer 2025 June 2nd– Aug 10th

Monday	7:00p- 8:30p	Shoreview
Wednesday	6:00p- 7:00p	Shoreview
Thursday	6:00p- 7:30p	Shoreview
Sunday	1:45p- 3:15p	Shoreview

JUNIORS

Spring 2025 April 14th– June 2nd

Monday	6:30p- 8:30p	Shoreview
Wednesday	7:00p- 8:30p	Shoreview
Friday	7:00p- 8:30p	Shoreview
Sunday	2:45p- 4:45p	Shoreview

Summer June 2nd– Aug 10th

Monday	6:30p- 8:30p	Shoreview
Wednesday	7:00p- 8:30p	Shoreview
Thursday	7:00p- 8:30p	Shoreview
Sunday	2:45p- 4:45p	Shoreview

SENIORS

Spring 2025 April 14– June 2nd

Tuesday	7:15p- 8:45p	Shoreview
Wednesday	6:30p- 8:30p	Shoreview
Friday	7:00p- 8:30p	Shoreview
Sunday	2:45p- 4:45p	Shoreview

Summer 2025 June 2nd– Aug 10th

Tuesday	7:15p- 8:45p	Shoreview
Wednesday	6:30p- 8:30p	Shoreview
Thursday	7:00p- 8:30p	Shoreview
Sunday	2:45p- 4:45p	Shoreview

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.

2025-2023 Spring Season — April 14th - June 2nd

Novice:	\$197.75
Age Group:	\$234.50
Juniors	\$257.75
Seniors	\$257.75

2025 Summer Season June 2nd- Aug 10th

Novice:	\$282.50
Age Group:	\$335.00
Juniors:	\$367.50
Seniors	\$367.50

**Swim team fees are eligible to be paid into multiple payments (Summer season only). Talk to your team for more details.*

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

FOR MORE INFORMATION, VISIT OUR TEAM WEBSITE AT:

WWW.GOMOTIONAPP.COM/TEAM/MNSYM/PAGE/HOME