

YMCA OF THE GREATER TWIN CITIES
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STORM

SWIM TEAM

YMCA LOCATED IN HUDSON, WI

Hudson YMCA
2211 Vine St.
Hudson, WI 54016
P 715-386-1616

www.ymcamn.org

DIVE IN

SWIM TOGETHER, WIN TOGETHER

YMCA SWIMMING

WHAT IS OUR MISSION?

We are here for fun, for teamwork, for healthy competition, for belonging and empowerment, and for the pursuit of a personal best. This may be through the accomplishment of finishing a practice or swimming a 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 four core values of Caring, Honesty, Respect 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 be assessed prior to registering. Our coaches will help you determine which level is the best fit.

Contact: storm@ymcamn.org for more info

CONTACT US

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

Mackenzie Hoikka
Aquatics Director - Hudson
Mackenzie.Hoikka@ymcamn.org

THE STORM

PRACTICE SCHEDULE

Practices for the Storm is held at the Hudson Y.

NOVICE

Mondays	6:00 – 7:00pm
Wednesdays	6:00 – 7:00pm
Thursdays	6:00 – 7:00pm

AGE GROUP

Mondays	7:00 – 8:15pm
Tuesdays	7:00 – 8:15pm
Wednesday	7:00 – 8:15pm
Thursdays	7:00 – 8:15pm

JUNIORS

Mondays	5:30 – 7:00pm
Tuesdays	5:30 – 7:00pm
Wednesday	5:30 – 7:00pm
Thursdays	5:30 – 7:00pm
Sundays	3:00 – 4:00pm

SENIORS

Mondays	6:30 – 8:30pm
Tuesdays	7:00 – 8:30pm
Wednesdays	6:30 – 8:30pm
Thursdays	7:00 – 8:30pm
Sundays	3:00 – 4:30pm

**FOR MORE INFORMATION,
VISIT OUR TEAM WEBSITE AT:
WWW.TEAMUNIFY.COM/STORM**

PRICING

WHAT IS INCLUDED IN THE FEE

Swim team fees include an average of 3–5 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.

2023–24 Season – September 18–February 25

Novice:	\$649.75
Age Group:	\$747.50
Junior:	\$845.25
Senior:	\$914.25

Boy's High School Athlete (Sept 18—Dec 3) \$437.25
Girl's High School Athlete (Nov 6 – Feb 25) \$636.00

**Swim team fees can be set into 3 or 6 monthly payments. Please register at Member Services to do so.*

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.