

**YMCA OF THE NORTH
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING**

Shoreview YMCA
3760 Lexington Ave N
Shoreview, MN 55126
P 651-483-2671

www.ymcanorth.org

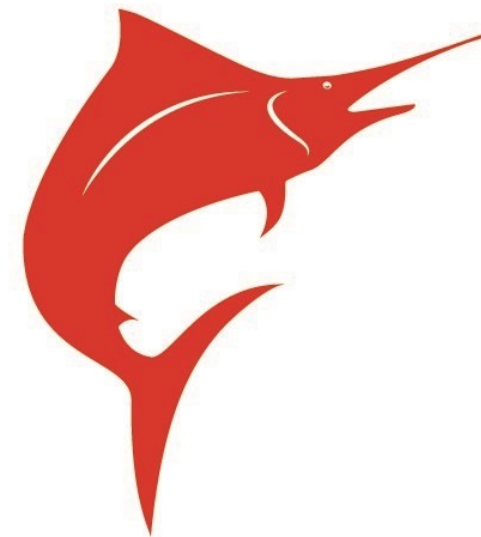


**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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?

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 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 Head Coach—Shoreview

P 651-259-9621 (voicemail)

E karen.mitchell@ymcamn.org

E: marlins@ymcamn.org

THE MARLINS

SPRING AND SUMMER PRACTICE SCHEDULE

Practices for the Marlins are held at the Shoreview Y location.

| NOVICE 4/15-6/2 | | |
|---|--------------|-----------|
| Day | Time | Location |
| Mon., Wed., Fri. | 6-7pm | Shoreview |
| Sunday | 2:45-3:45 pm | Shoreview |
| AGE GROUP 4/15-6/2 | | |
| Day | Time | Location |
| Mon., Wed., Fri. | 7:00-8:30pm | Shoreview |
| Sunday | 3:15-4:45pm | Shoreview |
| SENIOR 4/15-6/2 | | |
| Day | Time | Location |
| Mon., Wed., Fri. | 6:30-8:30pm | Shoreview |
| Sunday | 2:45-4:45pm | Shoreview |
| NOVICE 6/3-8/11 (1ST WEEK EVENINGS ONLY) | | |
| Day | Time | Location |
| Mon., Wed., Fri. | 9-9:45am | Shoreview |
| Mon., Wed., Thurs. | 6:15-7pm | Shoreview |
| AGE GROUP 6/3-8/11 (1ST WK EVENINGS ONLY) | | |
| Day | Time | Location |
| Mon., and Fri. | 8-9am | Shoreview |
| Wed. | 8-9:15am | Shoreview |
| Mon., and Thurs. | 6:45-7:45pm | Shoreview |
| SENIOR 6/3/8/11 (1ST WEEK EVENINGS ONLY) | | |
| Day | Time | Location |
| Mon. and Fri. | 8:30-10am | Shoreview |
| Wed. | 8:30-10:15am | Shoreview |
| Mon. and Thurs. | 6:30-8pm | Shoreview |
| Wed. | 6:30-8:15pm | Shoreview |

FOR MORE INFORMATION, VISIT OUR

TEAM WEBSITE AT:

WWW.TEAMUNIFY.COM/MNSYM

PRICING

WHAT IS INCLUDED IN THE FEE

Swim team fees include an average of 4-6 practices a week.

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.

2024 Spring Season April 15-June 3

Novice: \$211.75

Age Group: \$241

Senior: \$271.25

2024 Summer Season June 4-August 11

Novice: \$312.50

Age Group: \$355

Senior: \$417.50

**Spring swim team fees are NOT eligible to be paid into 2 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 signs up for the team, **the expectation is that you will help volunteer.**