

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



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

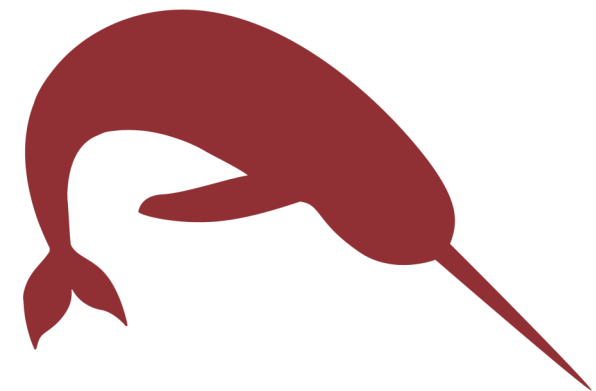
THE NARWHALS

**SWIM TEAM FALL & WINTER SEASON
YMCA Located in New Hope & Minnetonka**

New Hope YMCA
7601 42nd Avenue North
New Hope, MN 55427
P 763-535-4800

Ridgedale YMCA
12301 Ridgedale Dr.
Minnetonka, MN 55305
P 952-544-7708

www.ymcamn.org



WE ARE LEGENDARY!

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 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 four 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?

SWIM REQUIREMENTS

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 confidently 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 try out before registering. Our coaches will help you determine which level is the best fit.

Contact: narwhals@ymcamn.org to set up a time to try out.

CONTACT US

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

Alyssa Dupey
Aquatics Director—New Hope
P 651-747-0969
E alyssa.dupey@ymcamn.org

Karlie Cottier
Aquatics Director—Ridgedale
P 612-900-3597
E karlie.cottier@ymcamn.org

THE NARWHALS

PRACTICE SCHEDULE

Practices for the Narwhals are held at both the New Hope and Ridgedale Y locations.

NOVICE

Day	Time	Location
Monday	5:30p-6:30p	New Hope
Thursday	5:30p-6:30p	Ridgedale
Friday	5:30p-6:30p	New Hope
Sunday	2:30p-3:30p	Ridgedale

AGE GROUP

Day	Time	Location
Monday	6:30p-8:00p	Ridgedale
Tuesday	5:15p-6:45p	Ridgedale
Friday	6:30p-8:00p	New Hope
Sunday	3:30p-4:45p	Ridgedale

SENIOR

Day	Time	Location
Monday	6:30p-8:30p	New Hope
Tuesday	6:45p-8:30p	Ridgedale
Thursday	6:30p-8:30p	Ridgedale
Friday	6:30-8:30p	Ridgedale
Sunday	2:45p-4:45p	New Hope

FOR MORE INFORMATION, VISIT OUR TEAM WEBSITE AT:

WWW.TEAMUNIFY.COM/MNRT

PRICING

WHAT IS INCLUDED IN THE FEE

Swim team fees include an average of 4-5 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.

Fall / Winter 2025-2026 Season: September 15th- February 22nd

Novice:	\$695.75
Age Group:	\$770.50
Senior:	\$971.75

Boys Age Group High School Athlete	\$368.50
Boys Senior High School Athlete	\$464.75
Girls Age Group High School Athlete	\$536.00
Girls Senior High School Athlete	\$676.00

**Swim team fees are eligible to be paid into multiple payments. Talk to your team for more details.*

PARENT REQUIREMENTS

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