

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

**Emma B. Howe YMCA**

8950 Springbrook Dr. NW  
Coons Rapids, MN 55433  
P 763-785-7882

**Elk River YMCA**

13337 Business Center Dr.  
Elk River, MN 55330  
P 763-230-6577

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



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

# THE RAYS

**SWIM TEAM**

**YMCA Located at Elk River**



# DIVE IN

## SWIM TOGETHER, WIN TOGETHER

### YMCA SWIMMING

#### WHAT IS OUR MISSION?

We are here for fun, teamwork, healthy competition, belonging, 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?

#### 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: rays@ymcamn.org to set up a time to try out.

#### CONTACT US

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

**Taylor Barnes**

**Aquatics Director—Elk River**

P 763-445-3321

E taylor.barnes@ymcamn.org

**Michal Hawker**

**Head Coach—Elk River**

P 763-230-6553

E michal.hawker@ymcamn.org

### THE RAYS

#### PRACTICE SCHEDULE

Practices for the Rays is held at the Elk River and Emma B. Howe Y locations.

#### NOVICE

Day	Time	Location
Mon/Fri	5:00p-6:00p	Elk River
Tue	6:00p-7:00p	Emma B

#### AGE GROUP

Day	Time	Location
Mon/Wed/Fri	5:00p-6:30p	Elk River
Tue	6:00—7:30p	Emma B

#### SENIOR & AGE GROUP II

Day	Time	Location
Mon/Fri	6:30p-8:30p	Elk River
Tue	6:00p-7:30p	Emma B
Wed	6:30—8:30p	Elk River
Sat	10:00—11:30a	Elk River

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

**WWW.TEAMUNIFY.COM/YMCA-3156**

### PRICING

#### WHAT IS INCLUDED IN THE FEE?

Swim team fees include an average of 3-6 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.

#### 2023-2024 Season—September 18-February 25

Novice: \$649.75

Age Group: \$793.50

Senior: \$937.25

Boy's High School Athlete \$448.25

Girl's High School Athlete \$636

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