



SUCCESS WITH EVERY STROKE

Swim Team

MONROE/SKY VALLEY FAMILY YMCA

The Monroe/Sky Valley Family YMCA Swim Team offers youth the opportunity to learn about swimming as a sport while having fun and encouraging sportsmanship. Coaching includes the YMCA core values of caring, honesty, respect, and responsibility while working on endurance training and stroke techniques.

Ages 6-18

Cost \$65 per month 2 days a week practice

\$85 per month 3 days a week practice

\$95 per month 5 days a week practice

Please see reverse side for swimmer requirements and practice times.

Contact Derik Vessey, Head Coach at dvessey@ymca-snoco.org or 425 760 6134

MONROE/SKY VALLEY FAMILY YMCA 14033 Fryelands Boulevard, Monroe, WA 98272 • 360 805 1879 • ymca-snoco.org

The Y is for everyone. Affordable pricing based on income. * Program Member must pay annual program membership fee of \$25 per individual or \$50 per family to participate. Please see the program guide or visit our website for details.



REQUIREMENTS AND PRACTICE TIMES

SWIMMER REQUIREMENTS

- At least 6 years old
- Facility Member of YMCA
- Able to swim, without difficulty, at least 50 yards (two lengths of the pool) of Freestyle with side breathing, *Backstroke, *Breaststroke, ability to do Butterfly preferred, but not required. *Beginning swim team requires 25 yards of each stroke
- All swimmers must try out to determine which group will suit their abilities

PRACTICE SCHEDULE

Monday at Monroe YMCA

- Age group 1 and 2 | 6-8 pm

Tuesday at Monroe YMCA

- Beginning Swim Team | 6-7 pm | Group 2 | 6-8 pm

Wednesday Snohomish Aquatics Center

- Age group 1 and 2 | 6-8 pm

Thursday at Monroe YMCA

- Beginning Swim Team and Group 1 and 2 | 6-8 pm

Friday at Monroe YMCA

- Age group 1 and 2 | 4-6 pm

REGISTRATION INFORMATION

What does Swim Team Cost? Fees are paid on a monthly basis and vary according to how many practices occur in that month. Auto pay is preferred. Financial assistance is available to the extent possible.

What is the refund policy? Withdrawals before the program begins are refunded 100%. Withdrawals after the program begins until the halfway point are refunded at a prorated rate. Refunds are not issued after the halfway point.

Is my child guaranteed a place on the team? No. With limited pool space, we will need to limit participation for safety reasons.

How to join? Contact Coach, Derik Vessey to set-up a try out.