

YMCA OF THE NORTH
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southdale YMCA
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www.ymcanorth.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE SHARKS

SWIM TEAM

YMCA Located in Edina, MN



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 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?

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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 50 yards freestyle demonstrating breathing to the side and good body position
- Can swim 25 yards backstroke demonstrating good body position
- Can swim 25 yards breaststroke or butterfly is a plus
- Can demonstrate the fundamentals of a forward dive from the edge of the pool

We require all new swimmers to be assessed prior to registering. Our coaches will determine which level is the best fit for your swimmer. Contact: Katie.Schletty@ymcamn.org for assessment information.

CONTACT US

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

Katie Schletty

Swim Team Administrator

E Katie.Schletty@ymcamn.org

THE SHARKS

PRACTICE SCHEDULE

Practices for the Sharks are held at the Southdale YMCA.

NOVICE—Fall/Winter

Practice Group 1 (new swimmers)

Tuesday	6:15p-7:15p
Thursday	6:15p-7:15p
Saturday	9:15a-10:15a

Practice Group 2—Fall/Winter

Tuesday	5:15p-6:15p
Thursday	5:15p-6:15p
Saturday	8:15a-9:15a

AGE GROUP 1—Fall/Winter

Monday	5:00p-6:15p
Wednesday	5:00p-6:15p
Friday	5:00p-6:15p
Saturday	10:15a-11:30a

JUNIOR—Fall/Winter

Monday	6:15p-7:45p
Wednesday	6:15p-7:45p
Friday	6:15p-7:45p
Saturday	11:30a-1:00p

SENIOR—Winter

Monday	6:15p-8:15p
Wednesday	6:15p-7:45p
Friday	6:15p-8:15p
Saturday	11:30a-1:00p

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 Y 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.

2024-2025 Fall/Winter Season Dates:

Sept 16—Feb 23

Novice:	\$ 649.75
Age Group:	\$ 747.50
Junior:	\$ 793.50

Nov 4 — Feb 23

Senior:	\$ 588.00
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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.**