

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

Emma B. Howe YMCA
8950 Springbrook Dr. NW
Coons Rapids, MN 55433
P 763-785-7882

Elk River YMCA
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Elk River, MN 55330
P 763-230-2800

www.ymcanorth.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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THE RAYS

SWIM TEAM

YMCA Located at Elk River and Emma B. Howe



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 25 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 try out before registering. Our coaches will help you determine which level is the best fit. Contact: rays@ymcanorth.org to set up a time to try out.

CONTACT US

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

Brooklyne Birk

Aquatics Director

P 651-747-0877

E Brooklyne.birk@ymcanorth.org

THE RAYS

PRACTICE SCHEDULE

Practices for the Rays is held at both the Elk River and Emma B. Howe Y locations. Have the flexibility to choose a practice schedule that works best for you!

NOVICE

Day	Time	Location
Mon/Wed/Fri	5:00p-5:45p	Elk River
Sat	12:30p-1:15p	Emma B

AGE GROUP

Day	Time	Location
Mon/Wed/Fri	5:00p-6:15p	Elk River
Sat	9:12:30p-1:45p	Emma B

SENIOR & AGE GROUP II

Day	Time	Location
Mon/Wed/Fri	6::15p-7:45p	Elk River
Sat	10:00a-11:30p	Elk River
Sat	1:45p-3:15p	Emma B

COVID-19:

Our teams are following guidance from multiple organizations, including the CDC, YUSA, and USA Swimming to offer a safe and engaging program. Currently, only team functions that can be held either in a socially distanced manner or virtually are being run. This includes swim meets.

PRICING

WHAT IS INCLUDED IN THE FEE?

Swim team fees include an average of 3-4 practices a week, entry fees for all regular season YMCA meets including Sectionals and State Meet (for qualifying swimmers).

The YGTC 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.

Novice:	\$14.00 per week
Age Group:	\$16.00 per week
Age Group II:	\$18.00 per week
Senior:	\$18.00 per week

***Swim team fees are billed monthly*

Splash Fee: \$50.00

PARENTS

PARENT VOLUNTEERS

Our team cannot function without volunteers! When your swimmers signs up for the team, **the expectation is that you will help volunteer.**

Please be advised: Our current volunteer needs are limited due to COVID-19. However parent engagement is no less important.