



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF WASHINGTON COUNTY WATER SHARKS SWIM TEAM 2020-2021

Come join the fun! For ages 5 – 18 years.

8 and under swimmers must be able to swim 25 yards (one length) continuously, without assistance or floatation.

9 and up swimmers must be able to swim 50 yards (2 lengths) continuously, without assistance or floatation using 2 of the 4 competitive strokes (freestyle, backstroke, breaststroke, or butterfly).

Parent Informational Meetings: 1st Floor at the Indoor Aquatic Facility (old Y)

- Sunday, October 11th at 1:00 P.M.
- **or**
- Tuesday, October 13th at 6:00 P.M

NEW Swimmers will can try one week for free starting **October 19th, 2019**

This will be the schedule for the free week:

- 8 & Under:** Monday and Thursday 4:30-5pm
- 9-12 years old:** Monday and Thursday 5-5:30pm
- 13 & Up:** Monday and Thursday 6-6:45pm

Normal practice schedule (starting October 26th, no practice November 2-6):

| | Monday | Tuesday | Thursday |
|------------------------------|---------------|----------------|-----------------|
| 8 & Under | 4:15-5:00 pm | No Practice | 4:15-5:00 pm |
| 9 & 10 years olds | 5:00-5:45 pm | No Practice | 5:00-5:45 pm |
| 11 & 12 years old | 5:45-6:45 pm | No Practice | 5:45-6:45 pm |
| 13 - 14 years old | 6:45-7:30 pm | 7:00-7:45 pm | 6:45-7:30 pm |
| 15 & older | 7:30-8:30 pm | 7:45-8:45 pm | 7:30-8:30 pm |

COACHES: Samantha Van Houten – Kathy Dolan

FEES: All swimmers must be YMCA members
\$150 per swimmer (dues need to be paid by October 26th)

YMCA of WASHINGTON COUNTY IOWA
121 E Main Street Washington, Iowa 52353
Phone: 319-653-2141 Fax: 319-653-2142 www.washingtoney.org