



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

## YMCA OF WASHINGTON COUNTY WATER SHARKS SWIM TEAM 2021-2022

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: 1<sup>st</sup> Floor at the Indoor Aquatic Facility (old Y)

- Tuesday, October 5<sup>th</sup> at 6:00 P.M.
- **or**
- Sunday, October 10<sup>th</sup> at 1:00 P.M

**NEW** Swimmers will can try one week for free starting **October 18th, 2021**  
**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 5:30-6:15pm

**Normal practice schedule (starting October 25<sup>th</sup>):**

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

COACH: Samantha Van Houten Questions: [swimteam@washingtonty.org](mailto:swimteam@washingtonty.org)  
FEES: All swimmers MUST be YMCA members  
\$150 per swimmer (dues need to be paid by October 25<sup>th</sup>)

**YMCA of WASHINGTON COUNTY IOWA**  
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