

YMCA OF THE NORTH

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

White Bear Area YMCA
2100 Orchard Lane
White Bear Lake, MN 55110
P 651-777-8103

www.ymcanorth.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARINERS

SWIM TEAM

White Bear Area YMCA



DIVE IN

SWIM TOGETHER, WIN TOGETHER

YMCA SWIMMING

WHAT IS OUR MISSION?

We are here for fun, teamwork, healthy competition, 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 five core values of Caring, Honesty, Respect, Equity, 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?

WHO CAN JOIN?

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 demonstrate the fundamental knowledge of what breaststroke and butterfly should look like
- Can demonstrate the fundamentals of a forward dive from the edge of the pool
- Mastery of strokes is NOT required to join!

We require all new swimmers to do an assessment before registering. Our coaches will help you determine which practice group is the best fit.

Contact mariners@ymcanorth.org to set up an assessment.

CONTACT US

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

Laura Nitti

Swim Team Administrator / Head Coach

laura.nitti@ymcamn.org

mariners@ymcamn.org

Sarah Rae Helms

Aquatics Director

White Bear Area YMCA

P 651-259-1463

E sarah.helms@ymcanorth.org

MARINERS

PRACTICE SCHEDULE

Practices for Mariners are held at White Bear Area YMCA.

NOVICE A/1

Day	Time	Location
M/TH	5:35pm - 6:35pm	White Bear
SUN	1:00pm - 2:00pm	White Bear

NOVICE B/2

Day	Time	Location
T/F	5:35pm - 6:35pm	White Bear
SUN	2:05pm - 3:05pm	White Bear

AGE GROUP

Day	Time	Location
M/F	6:45pm - 8:15pm	White Bear
W	5:30pm - 7:00pm	White Bear
SUN	3:10pm - 4:40pm	White Bear

SENIOR

Day	Time	Location
M/T/TH/F	6:45pm - 8:15pm	White Bear
SUN	3:10pm - 4:40pm	White Bear

FOR MORE INFORMATION, SCAN QR CODE

FOR TEAM WEBSITE:



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.

The YMCA 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.

September 16, 2024 - February 23, 2025

Novice A/1 & B/2: \$649.75

Age Group: \$793.50

Seniors: \$868.25

High School Boys Senior: \$448.25

September 16 - December 1, 2024

High School Girls Senior: \$604.00

November 4, 2024 - February 23, 2025

**Swim team fees are eligible to be paid into multiple payments.*

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 sign up for the team, the expectation is that you will help volunteer.