

Session/ Registration Information

Practices are held at 4:00 pm or 5:00 pm on Wednesdays and Fridays (Coach will assign swimmer to the hour for their practice) and at 11:00 am on Saturdays. Practices will last for one hour each. Registration for swim team sessions begins at 8:00 am on the date listed below and will continue until all spaces are filled. Class days and times are subject to change.

January Session

Registration Begins: December 22

February Session

Registration Begins: January 26

March Session

Registration Begins: February 23

April Session

Registration Begins: March 23

May Session

SWIM TEAM COST

Must be a member of YMCA to participate.

Session Fees: \$45 PER MONTH
MSC Cost/Fees not included.

Olive Branch Family YMCA
8555 Goodman Road
Olive Branch, M 38654
www.ymcaolivebranch.org

“We Build Strong Kids, Strong Families, Strong Communities.”

Olive Branch Family YMCA



Recreational Swim Team Information

Winter/Spring
2009

Updated 12/08 meg

YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Contact Information:

Kathy Davis

Aquatics Director

(662) 890-9622

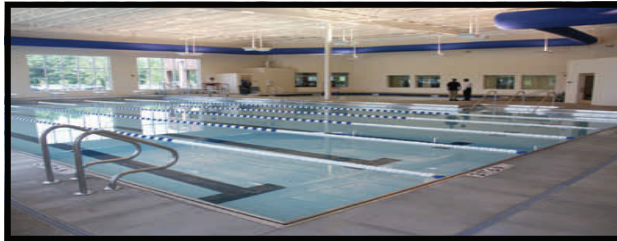
kdavis@ymcamemphis.org

Y SWIM TEAM™

We build strong kids, strong families, strong communities.

Recreational Swim Team

Our Recreational swim team is part of the Memphis Swim Conference, a developmental swim conference. This conference invites swimmers to participate in a competitive environment and still have fun no matter what the skill level. Swimmers of all skill levels are encouraged to participate but, must be able to comfortably swim across the lap pool. We practice all year round and compete in both the Winter and the Summer Seasons. Our swim team is headed by Mindy Knight and Sandy Carlton.



RECOMMENDATIONS

AGES: 5—18

Beginner: It is recommended that the participant be able to swim the length of the lap pool confidently and independently. This group will work on developing the four competitive strokes (freestyle, backstroke, Breaststroke, and butterfly), as well as, build confidence.

Intermediate: Swimmer should be able to demonstrate the four competitive strokes (freestyle, backstroke, Breaststroke, and butterfly). This group will work our refinement of the competitive strokes, and endurance.



Recreational Swim Team

What To Bring:

- *Proper swim attire.* Swim trunks and ONE piece swim suits are preferred (two piece may be worn, but should be secure for swimming laps).
- *Goggles* with an open nose are required (no diving masks).
- *Towel*
- *Bottled Water, sports drink, or sports bottle for water.*
- *Great spirit!*

What we will provide:

- *Kick Boards*
- *Pull Buoys*
- *Other training equipment*

