

## REGISTRATION BEGINS

February 14, 2019

Register online at [www.skagitymca.org](http://www.skagitymca.org)  
or visit our Welcome Center

## WHEN

Spring Season: March 4 - May 23

Summer Season: June 4 - August 15

## WHERE

All practices are held at the Skagit Valley Family YMCA.

Meets will be held at a variety of YMCAs in the local area.

## COST

- Spring .....\$180.00
- Summer .....\$130.00
- Spring & Summer ..... \$250.00

\* Payment plan options available.

\* Fees must be paid no later than March 15th for Spring Session and June 18th for Summer Session

**All swimmers must be a full-facility  
Member of the Y**

## PRACTICE SCHEDULE

### SPRING SEASON

Monday: Silver/Gold: 5:45-6:30pm  
Bronze: 5:00-5:45pm

Tuesday: Silver/Gold: 5:45-6:30pm  
Bronze: 5:00-5:45pm

Wednesday: Silver/Gold: 5:45-6:30pm  
Bronze: 5:00-5:45pm

Thursday: Silver/Gold: 5:45-6:30pm  
Bronze: 5:00-5:45pm

### SUMMER SEASON

Tue, Wed & Thur: 5:15-6:45pm  
(all levels)

## MORE INFORMATION

For additional information on the Chinooks  
Swim Team contact:

Justin Davies

Aquatics Director

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THE SKAGIT VALLEY FAMILY YMCA  
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# SKAGIT VALLEY FAMILY YMCA CHINOOKS SWIM TEAM

2019 SPRING & SUMMER



## 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 our four core values of Caring, Honesty, Respect and Responsibility.

## WHAT CAN I EXPECT?

We offer structured competitive swim team practices including: warm-up, stretching, technique, endurance, and cool-down. Participants are expected to come to practice to work hard and improve skills. Expect to be a part of the team by participating in the meets. 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?

Anyone who is between the ages of 7 and 21 can join YMCA Swim Team! All swimmers must be members of the YMCA to participate.

Participants must demonstrate the following skills:

- Can swim 25 - 50 yards freestyle demonstrating breathing to the side and good body position.
- Can swim 25 - 50 yards backstroke demonstrating good body position.
- Ability to swim 25 - 50 yards breaststroke or butterfly is a plus.
- Can demonstrate the fundamentals of a forward dive from the edge of the pool.



**WE ARE  
CHINOOKS**

In preparation for Chinook's regular swimming season, we may have several outdoor swim meets with teams from the Bellingham area. These are very relaxed meets offering an opportunity for competition, development and fun. All of our summer swimmers are encouraged to attend these summer swim meets.

We end our summer season with a swim and picnic at Lake Samish.



## 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 swimmer signs up for the team, the expectation is that you will help volunteer.