



MON VALLEY WEST YMCA SWIM TEAM



An Outreach Program of Mon Valley YMCA

**TENTATIVE SCHEDULE
ONLY!
PLEASE CHECK
WYST.ORG FOR UPDATED
DATES AND LOCATIONS**

FALL/WINTER SWIM TEAM PROGRAM

Mon Valley West YMCA Swim Team is starting its 2009 Fall/Winter program.

- Practice begins Tuesday September 8 at Canon-McMillan High School and Wednesday September 9 at Trinity Middle School
- The season Runs through March, though swimmers may join at any time
- Practices are:
 - Held at Canon McMillan High School (*or Canonsburg Middle School*) on Monday, Tuesday, and Thursday
 - Held at Trinity Middle School on Monday, Wednesday, and Friday
 - 5:30 PM to 7:30 PM
 - Open to swimmers at either site on any night
 - Not mandatory-practice as often as you would like (although, more practice generally provides better results)
- The team competes against other YMCA swim teams in Western Pennsylvania
- There are Five Dual meets and other optional Meets
- The team is coached by Professionals that stress **Caring, Respect, Honesty, and Responsibility**

MVWYST is for boys and girls that are:

- Ages 5 through 18
- Able to swim 25 yards of unassisted freestyle with rotary breathing
- From **all schools** (we are a regional swim team)

Fall/Winter Fee Schedule:

New Swim Team Members* FULL SEASON	\$320
Varsity Swimmers*	\$195
Middle School/Fall Sports (Start Nov 1)*	\$245

*Includes Mon Valley YMCA Annual Membership

FOR MORE DETAILS

Call Coach Steve 724-222-2730

Visit the Team Web Site

www.wyst.org

Email us at info@wyst.org

For information on additional CMMVY Aquatics Program Partnership programs

Visit www.cmmvy.org

Email us at info@cmmvy.org

Call The Hotline 724-263-1681

The Mon Valley YMCA provides all Life Guards, Coaching, and Insurance for MVWYST and other CMMVY Aquatics Partnership programs. Team members are required to be Mon Valley YMCA members in order to be covered under the YMCA insurance, and to participate in YMCA meets.