



MON VALLEY WEST YMCA SWIM TEAM



An Outreach Program of Mon Valley YMCA

FALL/WINTER SWIM TEAM PROGRAM

Mon Valley West YMCA
Swim Team is starting its
2011 Fall/Winter program.

- Practice begins Monday September 12 at Canon-McMillan High School and Wednesday September 14 at Trinity Middle School
- The season Runs through March, though swimmers may join at any time
- Practices are:
 - At Canon McMillan High School (or Canonsburg Middle School) on Monday, Tuesday, and Thursday from 5:30 PM to 7:30 PM
 - At Trinity Middle School on Monday, Wednesday, and Friday from **6 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
- The season includes 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)

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 724-413-9439

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.

File: MVWYSTFallFlyer2011