

SWIM!

MON VALLEY WEST YMCA SWIM TEAM An Outreach Program of Mon Valley YMCA



SUMMER SWIM TEAM PROGRAM

The Mon Valley West YMCA Swim Team is starting its Summer season.

- Practice begins Monday May 3
- Season Runs through July 31
- Practices are:
 - Held at Canon McMillan High School
 - Weekday Evenings from 5:30 PM to 7:30 PM
 - Morning practices will also be held after school is out (days and times to be determined)
 - 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 dual meets and other optional Invitational Meets in the Summer Season (the scheduled dates have not yet been set!)
- 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)

Summer Fee Schedule:

New Swim Team Members*	\$100
Siblings*	\$90
Fall/Winter 09/10 Team Members	\$50
Siblings (Current Members)	\$40

*Includes Mon Valley Y Membership Through 7/31/10

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 Y insurance, and to participate in YMCA meets.