

**YMCA OF THE NORTH**  
**FOR YOUTH DEVELOPMENT**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

**Southdale YMCA**  
7355 York Avenue South  
Edina, MN 55435  
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[www.ymcanorth.org](http://www.ymcanorth.org)



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# THE SHARKS

**SWIM TEAM**

**YMCA Located in Edina, MN**



# DIVE IN

## SWIM TOGETHER, WIN TOGETHER

### YMCA SWIMMING

#### WHAT IS OUR MISSION?

We are here for fun, for teamwork, for healthy competition, for belonging and empowerment, and for the pursuit of a personal best. This may be through the accomplishment of finishing a practice or swimming at Y Nationals; we have a place for all.

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

#### WHAT CAN I EXPECT?

We offer structured competitive swim team practices including: stretching, warm-up, technique, endurance, and cool-down.

Participants are expected to come to practice to work hard and improve skills. 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?

#### WHO CAN JOIN?

Anyone who is between the ages of 5 and 18 can join the YMCA swim team! All swimmers must be members of the YMCA to participate.

Participants must demonstrate the following skills:

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

**We require all new swimmers to be assessed prior to registering. Our coaches will determine which level is the best fit for your swimmer.** Contact: [Katie.Schletty@ymcamn.org](mailto:Katie.Schletty@ymcamn.org) for assessment information.

### CONTACT US

For any questions or additional information about our team, contact:

**Katie Schletty**

**Swim Team Administrator**

**E** [Katie.Schletty@ymcamn.org](mailto:Katie.Schletty@ymcamn.org)

### THE SHARKS

#### PRACTICE SCHEDULE

Practices for the Sharks are held at the Southdale YMCA.

#### NOVICE—Fall/Winter

##### Practice Group 1 (new swimmers)

Tuesday	6:15p-7:15p
Thursday	6:15p-7:15p
Saturday	9:15a-10:15a

##### Practice Group 2—Fall/Winter

Tuesday	5:15p-6:15p
Thursday	5:15p-6:15p
Saturday	8:15a-9:15a

#### AGE GROUP 1—Fall/Winter

Monday	5:00p-6:15p
Wednesday	5:00p-6:15p
Friday	5:00p-6:15p
Saturday	10:15a-11:30a

#### JUNIOR—Fall/Winter

Monday	6:15p-7:45p
Wednesday	6:15p-7:45p
Friday	6:15p-7:45p
Saturday	11:30a-1:00p

#### SENIOR—Fall/Winter—TBD

Monday	6:15p-8:15p
Wednesday	6:15p-7:45p
Friday	6:15p-8:15p
Saturday	11:30a-1:00p

### PRICING

#### WHAT IS INCLUDED IN THE FEE

Swim team fees include an average of 3-5 practices a week, entry fees for all regular season YMCA meets including Sectionals and State Meet (for qualifying swimmers).

The Y of the North offers program and membership assistance through our Annual Fund. If you are in need of financial assistance, please talk to an Aquatics Director or Member Services Staff for more information.

#### 2025-2026 Fall/Winter Season Dates:

**Sept 15—Feb 22**

Novice:	\$ 649.75
Age Group:	\$ 747.50
Junior:	\$ 793.50
Senior:	\$ 829.50

**High School Athlete Half Season Offered, please email Katie for pricing and dates.**

### PARENTS

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