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FOR HEALTHY LIVING  
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# GROWING STRONGER TOGETHER

## YBR Hurricanes Swim Team

Whether you are a first-timer looking for a new sport or a seasoned pro looking to sharpen your skills, we've got a spot for you. The YBR Swim Team seeks to teach swimmers ages 5-18 the fundamentals of swimming. Our focus is on building endurance, improving technique, developing well-rounded swimmers, and having fun!

### YBR Swim Team

Season: March 5th—May 12th

#### Cost:

- \$40/season Members
- \$120/season Program Participants

#### Locations:

Dow Westside YMCA

Americana YMCA

C.B. Pennington, Jr. YMCA

Paula G. Manship YMCA

A.C. Lewis YMCA





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## YBR Hurricanes Swim Team

Members: \$40/season	Program Participants: \$120/season
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Participant's Name: \_\_\_\_\_

Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

E-mail (required): \_\_\_\_\_

Phone Number (required): \_\_\_\_\_

Parent Name \_\_\_\_\_ Parent Phone Number \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Emergency contact phone: \_\_\_\_\_

Child's Shirt Size (choose one)

\_\_ Youth XS(2-4) \_\_ Youth Sm(6-8) \_\_ Youth Med(10-12) \_\_ Youth Lg(14-16) \_\_ Ad Sm \_\_ Ad Med \_\_ Ad Lg \_\_ Ad XL

Please check your desired practice location:

<input type="checkbox"/> <b>Dow Westside YMCA</b> 3688 Sugar Plantation Pwky Addis, LA 70710 <i>**Begins April 3<sup>rd</sup>**</i>  Tuesday/Thursday 4:00pm – 5:30pm  Coach: Elias Gurganus	<input type="checkbox"/> <b>C.B. Pennington, Jr. YMCA</b> 15550 Old Hammond Hwy. Baton Rouge, LA 70816  Tuesday/ Thursday 5:15pm-6:15pm  Coach: Julian Brumfield	<input type="checkbox"/> <b>Americana YMCA</b> 4200 Liberty Way Zachary, LA 70791 <i>**Begins March 12<sup>th</sup>**</i>  Monday/Wednesday 5:30pm-6:30pm  Coach: Heather Shaw	<input type="checkbox"/> <b>Paula G. Manship YMCA</b> 8100 YMCA Plaza Dr. Baton Rouge, LA 70806  Monday/Wednesday 5:15pm-6:15pm  Coach: Jennifer Scott
<input type="checkbox"/> <b>Homeschool Swim Team</b> Paula G. Manship YMCA 8100 YMCA Plaza Dr. Baton Rouge, LA 70806  Monday-Thursday 1:00pm-2:00pm  Coach: Jennifer Scott	<input type="checkbox"/> <b>A.C. Lewis YMCA</b> 350 S Foster Dr. Baton Rouge, LA 70806  Tuesday/ Thursday 5:00pm-6:00pm  Coach: Railon Harrell	<p><i>**Registration is ongoing throughout the season however swim team fees will not be pro-rated**</i></p> <p>If you would like to have your child evaluated to determine their readiness to be on swim team, please contact Heather Shaw at <a href="mailto:swimteam@ymcabr.org">swimteam@ymcabr.org</a> to set up a day, time, and location.</p>	

The YMCA does not provide accidental/ medical insurance for program participants. I grant the YMCA or its agent's permission to transport my child in the event of an emergency and I am unable to be contacted. I recognize that participation in YMCA activities may expose my child to some risk of injury. I agree to hold the YMCA harmless from any claims for damage to property or injury, which may occur through participation in any activity at the YMCA or in its programs. The YMCA reserves the right to use photographs taken of program participants and their family for marketing and publicity. I have read and understand the above information. My child has permission to participate in this YMCA program.

Signature of Parent/ Guardian

Date



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## **Parent Information:**

Spring 2018 Season: March 5<sup>th</sup> – May 12<sup>th</sup>\*

Swim Meets: There will be three swim meets during the season. Participation is not required for swimmers but it is highly encouraged. All swim meets will be held at the C.B. Pennington, Jr. YMCA. The dates are April 7<sup>th</sup>, April 21<sup>st</sup>, and May 5<sup>th</sup> and start at 1pm.

### Practices:

A swimmer must choose one YMCA location as a “home” branch but may attend additional practices at another YMCA if they choose. Please notify Heather Shaw at [swimteam@ymcabr.org](mailto:swimteam@ymcabr.org) if you are planning on bringing your child to another practice location so that the coach can be made aware ahead of time.

Please make sure that your swimmer is ready to go on the pool deck when practice begins. Late swimmers disrupt warm-ups and take time away from the other swimmers.

### Equipment:

Each swimmer will need to bring goggles and a towel to practice. Goggles that cover the nose completely are not recommended for swim team practice.

It is highly recommended for swimmers to bring a water bottle to practice to stay hydrated.

We suggest that girls or boys with long hair wear swim caps to keep the hair out of their eyes while swimming.

Swimmers will be given a team swim cap and a team shirt. Additional shirts may be purchased for \$10.

### Swim Suits:

At practice, we highly encourage our female swimmers to wear a one-piece swim suit. Our male swimmers can wear swim trunks with a liner, jammers, or a speedo (jammers are preferred). No gym shorts or jean shorts/pants are permitted in the pool.

Team Swim Suits are optional to buy.

#### How to order:

Go to [www.swimoutlet.com/ybrswimteam](http://www.swimoutlet.com/ybrswimteam)

Click on the “Swim Team” icon.

Click on the desired suit. There are both youth and adult sizes available for female and male suits.

Make sure to purchase the suit in **BLUE**.

Sizing charts can be found when you click on the suit just above the sizes.

Please contact Heather Shaw at [swimteam@ymcabr.org](mailto:swimteam@ymcabr.org) with any questions you may have.

\*The Americana YMCA will begin practices on March 12<sup>th</sup> and the Dow Westside YMCA will begin practices on April 3<sup>rd</sup>.