



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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. Winter conditioning for swim team seeks to teach swimmers ages 5-17 the fundamentals of swimming. Our focus is on building endurance, improving technique, developing well-rounded swimmers, and having fun!

YBR Swim Team

Season: December 11th —February 28th

Cost:

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

Location:

C.B. PENNINGTON, JR. YMCA
15550 Old Hammond Hwy.
Baton Rouge, LA 70816
225-272-9622 or skelley@ymcabr.org





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YBR Hurricanes Swim Team

Members: \$40/season

Program Participants: \$120/season

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: _____

****Registration is ongoing throughout the season however swim team fees will not be pro-rated****

If you would like to have your child evaluated to determine their readiness to be on swim team, please contact Sarah Kelley at skelley@ymcabr.org to set up a day, time, and location.

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

Date



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Parent Information:

Winter Conditioning 2018-2019 Season: December 11th – February 28th

Practices:

Practice will be held with Coach Sarah and Coach Jaylon each Tuesday and Thursday during the session from 5:30pm-6:30pm. 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.

Communication:

All communications will come from Coach Sarah through the free app, GroupMe. Please download the app and ask Coach Sarah to add you. Information such as practice cancellations, updated swim team information, etc. will all be sent through the app.

Equipment:

Each swimmer is required to bring goggles, a swim cap, a water bottle, and a towel to each practice. Goggles that cover the nose completely are not recommended for swim team practice.

Optional items include a mesh swim bag with a kick board, pull buoy, fins, and hand paddles. These items are **OPTIONAL** and not mandatory.

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

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 Sarah Kelley at skelley@ymcabr.org with any questions you may have.