



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. 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: August 27th—November 3rd

#### Cost:

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

#### Locations:

Dow Westside 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

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>A.C. Lewis YMCA</b> 350 S Foster Dr. Baton Rouge, LA 70806  Monday/Wednesday 4:30pm-5:30pm	<input type="checkbox"/> <b>C.B. Pennington, Jr. YMCA</b> 15550 Old Hammond Hwy. Baton Rouge, LA 70816  Tuesday/Thursday 5:30pm-6:30pm	<input type="checkbox"/> <b>Dow Westside YMCA</b> 3688 Sugar Plantation Pwky Addis, LA 70710  Tuesday/Thursday 4:30pm-5:30pm	<input type="checkbox"/> <b>Paula G. Manship YMCA</b> 8100 YMCA Plaza Dr. Baton Rouge, LA 70806  Monday/Wednesday 5:45pm-6:45  <input type="checkbox"/> Home School <ul style="list-style-type: none"> <li>• Monday/Wednesday</li> <li>• 1:00pm-2:00</li> </ul>
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**\*\*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 [swimteam@ymcabr.org](mailto:swimteam@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 of Parent/Guardian

Date



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## **Parent Information:**

Fall 2018 Season: August 27<sup>th</sup> – November 3<sup>rd</sup>

### 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 Sarah Kelley 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.

### 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 Sarah Kelley at [swimteam@ymcabr.org](mailto:swimteam@ymcabr.org) with any questions you may have.