



YMCA Grants Pass Swimming is a competitive swim team for children ages 5-18

Join GPYS Swim Team! Improve your skills and personal goals. Swim team develops endurance, strength, technique and flexibility! Build camaraderie with other swimmers. Practices will be structured to accommodate safe social distancing.

SCHOOL YEAR SWIM: September 1, 2020—June 15, 2021

- ◆ 3 day per week swimmers swim Monday/Wednesday/Friday. Beginners 3:30-4:15pm, Intermediates 6-7pm, Advanced 4:30-6pm.
- ◆ 5 days per week Advanced swimmers swim Monday/Wednesday/Friday 4:30-6pm and Tuesday/Thursday 5:30-7pm.
- ◆ 5 days per week Intermediate swimmers swim Monday/Wednesday/Friday 6-7pm and Tuesday/Thursday 5:30-7pm.
- ◆ Swimmers wanting to join the 5 days per week group must have prior approval from coach.

PROGRAM FEES:

- ◆ Beginning - 3 days per week: \$45 per month (45minutes)
- ◆ Intermediate - 3 days per week: \$45 per month (1 hour)
- ◆ Intermediate - 5 days per week: \$55 per month (1 hour)
- ◆ Advanced - 3 days per week: \$45 per month. (1.5 hour)
- ◆ Advanced - 5 days per week \$55 per month (1.5 hour)
- ◆ All swimmers must maintain an active YMCA membership during the program.
- ◆ Due to liability reasons all athletes must register and pay the USA Swimming/Oregon Swimming, Inc. fee which is currently \$74 for the 2020 calendar year. Fees and registration for this will be collected at the Y and receipts given to the coaches prior to starting.



TRYOUT TIMES:

- ◆ Tryouts are by appointment. Please call Susan McCann at 541-474-0001 for an appointment.
- ◆ Swimmers must be between the ages of 5-18 and be able to swim at least 2 lengths of the pool unassisted using at least 2 of the 4 competitive swim strokes.

SUMMER SWIM TEAM: Will start mid-June 2021.