



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROMOTING TEAMWORK ONE STROKE AT A TIME



**Aquatics Youth Sports:
Youth Swim Team, Water Polo, and Synchronized Swimming
CENTRAL YMCA**



CENTRAL YMCA
1717 The Alameda, San Jose, CA 95126
408-298-1717 • www.ymcasv.org/central

YOUTH SWIM TEAM

Join our Central Pirates youth swim team and enjoy fun practices centered around teamwork.

At the Y, you'll find a noncompetitive environment for advanced youth swimmers to focus on refining strokes and learning beginning racing skills such as starts and flip turns.

Each season includes swim meets with other Ys, with swimmers focusing on achieving their personal best, as well as special events and social activities.

To be eligible for tryouts, a swimmer must have completed the Shark level at our Y and received a recommendation from our swim coach.

M/W/F, Monthly
5:25 pm (Beginning/Intermediate)
7:30 pm (Intermediate/Advanced)

YOUTH SWIM TEAM SCHEDULES

Practices:

Mondays, Wednesdays and Fridays
Beginning/Intermediate 7:00 pm
Intermediate/Advanced 8:00 pm

Stroke Clinics:

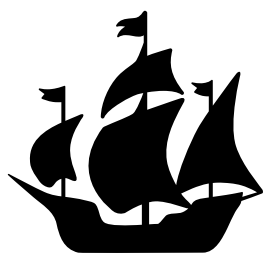
The second Wednesday of each month

Special Events/Social Activities:

Held monthly in the community; fees for these events are not included in your registration fees.

Swim Meets:

A calendar will be given out the first day of each month.



CENTRAL YMCA
Pirates

YOUTH SWIM TEAM SPECIAL OFFERS

Swim team members can register for private lessons with one of our coaches during times when practices are not in session.

Swim Team Private Lessons
Facility Members:
\$160 (6 classes 30 minutes each)

Program Members:
\$210 (6 classes 30 minutes each)

WATER POLO

In Water Polo at the Y, your child will have fun while learning a foundation of skills. For children 8 - 16 who are swimming at the Sea Turtle level or above.

Saturdays,
October 29 - December 16,
January 7 - February 18,
March 3 - April 28,
2:15 - 3:15 pm

SYNCHRONIZED SWIMMING

We emphasize skill development, personal safety, and personal growth. We'll help your child develop swimming body control, agility, breath control and endurance while swimming with others to music and displaying creative expression. Nose clips are required. For children swimming at the Sea Turtle level or above.

Saturdays,
October 29 - December 16,
January 7 - February 18,
March 3 - April 28,
1:15 - 2:15 pm



ABOUT OUR COACHES

Our coaches have years of experience on aquatics youth sports teams. They focus on helping your child improve strokes and swimming while having fun.

REGISTRATION INFORMATION

To register, complete the attached form and submit your payment in cash, check or credit card. You must have prior approval from our swim team coach or have a swim team member card at the time of registration. The deadline to register for any session is 24 hours after the start of the session.

FINANCIAL ASSISTANCE

At the Y, we welcome everyone. Financial assistance for people who need us the most comes from the generous donations we receive from people like you in our Annual Giving Campaign. To apply, pick up an application from our Member Services Desk or download one online. We handle all applications confidentially.



REFUNDS AND CANCELLATIONS

In the event that you withdraw your participation, credits and refunds only will be issued 24 hours prior to the first practice.

POOL CLOSURES

Credits and refunds will not be issued due to unforeseen circumstances, including weather conditions. We will make every attempt to accommodate for practice.

PHOTOGRAPHY

Photographs of your child can only be taken upon coaches' approval. Photos may only include your child. Video recording is not permitted.

PARENT SUPERVISION

Children under 6 must have a parent present on the pool deck while practice is in progress.



For questions about the Central YMCA Mako Sharks Youth Swim Team, call 408-351-6323 or email doughran@ymcasv.org.

REGISTRATION FORM

Coach's Signature _____

Coach must sign form in order for registration to be processed or swim team member card must be presented at time of registration.

Please print clearly – One form and one form of payment per swimmer

Swimmer's Name _____

Email _____

Please provide an updated email address. We send monthly emails regarding events.

Birthdate ____/____/____ Male Female Age _____

Address _____

City _____ Zip _____

Parent/Guardian _____

Day Phone (____) _____ - _____ Mobile Phone (____) _____ - _____

I am registering for the following session(s):

Monthly Swim Team Schedule

- Youth Swim Team:** M/W/F, Monthly
- 5:25 pm (Beginning/Intermediate) 7:30 pm (Intermediate/Advanced)
- Sept. 7 – Sept. 30 Oct 3. – Oct. 29 Nov. 2 – Nov. 30
- Dec. 2 – Dec. 28 Jan 2. – Jan. 28 Feb. 6 –Feb. 29
- Mar. 5 – Mar. 30 Apr. 2 – Apr. 27 May 2 – May 25
- Water Polo:** Saturdays, 2:15 – 3:15 pm
- Oct. 29 – Dec. 16 Jan. 7 – Feb. 18 Mar. 3 – Apr. 28
- Synchronized Swimming:** Saturdays, 1:15 – 2:15 pm
- Oct. 29 – Dec. 16 Jan. 7 – Feb. 18 Mar. 3 – Apr. 28

Fees

Youth Swim Team

Facility Member: \$68
Program Member: \$136
Program Membership: \$25/year

Water Polo / Synchronized Swimming

Facility Member: \$79
Program Member: \$158
Program Membership: \$25/year

Total Enclosed \$ _____

Financial Assistance _____ %

Office Use Only:

Received By: _____ Date: _____

Payment Type: Check Credit Card Cash

YOUTH SWIM TEAM TRYOUT REQUEST FORM

Tryouts take place Mondays and Wednesdays during practice time. You will receive a phone call or an email to approve your request for tryouts no later than 48 hours after your request has been submitted.

Swimmer's Name _____

Email _____

Please provide an updated email address. We send monthly emails regarding events.

Birthdate ____/____/____ Male Female Age _____

Address _____

City _____ Zip _____

Parent/Guardian _____

Day Phone (____) _____ - _____ Mobile Phone (____) _____ - _____

Has your child completed the Shark level at Central YMCA? Yes No

Has your child completed the Shark level at another YMCA? Yes No

My child can currently do:

- Freestyle Backstroke
 Breaststroke Butterfly
 Shallow Dive Flip turns

Note any health concerns:

****Submit this form to our Member Services Desk after completion.****