



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CHARACTER & TEACHING VALUES

**Swim Team**  
**SOUTH VALLEY FAMILY YMCA**



## About the Program

The purpose of the South Valley Family YMCA Killer Whales Swim Team is to provide an environment that promotes a healthy sense of self-esteem and group interaction guided by the YMCA mission. In a caring and personalized atmosphere, team members learn discipline and commitment to hard work, as well as the joy of achievement and the fun of close friendships.

Swimmers are coached to improve competitive swimming skills including endurance, stroke refinement, starts, turns, how to swim a workout, and teamwork in a non-competitive environment.

## Practice Information

A session of Swim Team begins on the first day of the month and ends on the last day of the month. Practice is held:

- Tuesday, 6:30-7:30 p.m.
- Thursday, 6:30-7:30 p.m.
- Saturday, 8:30-9:30 a.m.

Practice is not held on holidays. While it is not a requirement to attend every practice, participants are encouraged to attend all days.

## Does the Team Participate in Swim Meets?

The Killer Whales compete in meets with the YMCA of Silicon Valley branches. Meets are held one day a month at a different branch location in our Association. The swim meets generally last about three (3) hours depending on the number of participating teams and meet entries. The meet location will be announced monthly. Please see the Swim Coaches or Associate Aquatics Director for more information. Parents are responsible for transporting their child(ren) to meets.

## Swim Team Evaluation

All swimmers interested in joining the Killer Whales must first have their swim skills evaluated by a Swim Coach or the Associate Aquatics Director in order to ensure that they know the swim strokes needed to participate in practices. Contact the Associate Aquatics Director to schedule an appointment for your evaluation.

## Registration

Pre-registration is required monthly. Participants must have a current Facility Membership or a Program Membership during the entire program session. There are no additional fees to participate in swim meets.

MEMBERSHIP TYPE	FEE PER MONTH
Facility Members	\$55
Program Members Current program membership required (\$25)	\$110

## Question?

For more information, contact:

**Jessica Kravin**  
Associate Aquatics Director  
408-513-3161 | jkravin@ymcasv.org

## SOUTH VALLEY FAMILY YMCA SWIM TEAM REGISTRATION FORM

Participant's Name: \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_ Gender M F

Parent/Guardian Name \_\_\_\_\_

Participant's Email for FitLinxx  
\_\_\_\_\_

Parent's Email \_\_\_\_\_

Phone \_\_\_\_\_

SWIM TEAM SESSIONS	
<input type="checkbox"/> January	<input type="checkbox"/> July
<input type="checkbox"/> February	<input type="checkbox"/> August
<input type="checkbox"/> March	<input type="checkbox"/> September
<input type="checkbox"/> April	<input type="checkbox"/> October
<input type="checkbox"/> May	<input type="checkbox"/> November
<input type="checkbox"/> June	<input type="checkbox"/> December
<b>FEE</b>	
<b>ANNUAL PROGRAM MEMBERSHIP FEE</b>	
<b>TOTAL</b>	

**EAST VALLEY YMCA**  
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