

What is MYST?

The Muskegon YMCA Swim Team consists of swimmers, both boys and girls, between the ages of 5 to 18. It has been around for over 50 years helping young people grow and develop their potential.

What are the goals of the program?

The goals of YMCA swimming are to teach and reinforce the values of Caring, Honesty, Respect and Responsibility. MYST does this through competitive swimming activities that develop swimming skills, increase physical fitness, develop team spirit and help strengthen families.

How do I know if my child will like this program?

If your son or daughter is able to swim one length of the pool (25 Meters) using front Crawl and back Crawl then your child may swim on the MYST team. The team offers a **no-cost, 3 day trial period**. Come to the YMCA Front Desk and ask for a **YMCA Trial Card for the Swim Team**. You must present this card at the front desk each time you come to practice.

How do I sign up with MYST?

After the trial period, stop at Front Desk and pick up an application for YMCA membership and the MYST Swim Team. All swimmers must be members of the YMCA to swim on the team.



What is the cost to swim on the YMCA Swim Team?

The fees for the 6-month season can be paid in full, or divided into three monthly payments, paid during the first three months of the season.

8 & Under: \$165 or (\$65 + 50 + 50)

9 & Over: \$215 or (\$100 + 57.50 + 57.50)

USA Swimming: \$54 (required)

How long is the swim season?



The Season starts mid-September and continues through February. Swimmers may qualify for the YMCA State Championship Meet, as well as YMCA Zone and National

Championships. Those swimmers will continue through March.

When are the YMCA Swim meets?

Swim meets are usually held on Saturdays, starting in October. Plan to attend most or all of the YMCA dual meets between MYST and another YMCA team. You are not required to go to all scheduled meets, but you must swim at least 3 YMCA meets to compete in YMCA Championship Meets. The Meet Schedule will be available at the end of September at our annual Parents Orientation meeting.

What is USA swimming?

USA Swimming is the national governing body for swimming in the United States. MYST is an officially recognized team with USA Swimming. There is a small



MUSKEGON YMCA SWIM TEAM

MYST

responsibility

caring

honesty

respect



membership fee required of all MYST swimmers to belong, and it includes a membership card, subscription to the bi-monthly **SPLASH!** Magazine, a no-cost supplemental insurance coverage, and access to a web site for members-only which lists swimmers times for USA events.

www.USASwimming.org

The coach will determine which USA events the team will attend, but individual swimmers or smaller groups may participate in more if they choose.

What else does the Swim Team do?

Swimmers usually enjoy getting together outside of the pool, too! We recently had a party called the **Splash Bash** and watched some of Olympic swimming. Other activities planned throughout the year have included pizza parties, spaghetti suppers, and a luxury motor-coach trip to one of the meets, a lock-in, the Swim-a-Thon, the End-of-Year Banquet and more! MYST also competes in a shorter summer season where swimmers compete in both indoor and outdoor pools and even in open-water events.



When are practices?

Swimmers practice according to their age and skill levels.

● Ages: **10 & Under**
Location: YMCA
When: T/Th/F: 4-6 p.m.
How often: 2x/week recommended
What: Will work on developing the four strokes.

● Ages: **9/10**, (advanced 8 & under with coach approval)
Location: YMCA
When: T/Th/F: 4-6 p.m.
How often: 2-3x/week recommended
What: Will work on stroke development and endurance.

● Ages: **New Swimmers 11+** (advanced 9/10's with coach approval)
Location: Muskegon High School**
When: M/T/W/Th: 6-8 p.m.
Fri 4-6 p.m., YMCA.
How often: 3-4x/week recommended
What: Will work on refining the strokes and endurance.

● Ages: **Experienced 11-18**
Location: Muskegon High School**
When: M/T/W/Th: 6-8 p.m.
Fri 4-6 p.m. @ YMCA.
How often: 4-5x/week recommended
What: Will work on stroke refinement, endurance, and strategy.

* Levels determined/modified by the Head Coach and coaching staff.

** No Practices at Muskegon High School because of High School swim meets:
September 22, January 19, February 9 & 16

Have some questions?

To have the chance to ask questions or receive more information, please plan on attending the **Swim Team Parent Orientation**

Monday, September 14, 6:00 p.m.

YMCA, 900 W. Western, Muskegon.

Here, you may meet the Aquatic Director, swim team coaches, and members of the Parent Organization;

or contact: Jeannette Bytwerk,
YMCA Aquatics Director
231-722-9322

Remember, in YMCA Swimming:

*“Everybody Swims,
Everybody wins!”*



For more information, visit our website at
<http://muskegonymca.org/swimteam.html>

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