

YEAR-ROUND SWIM TEAM

SILVER FALLS FAMILY YMCA



Blue Team:

The blue team is our purely recreational team.

This team gives swimmers an opportunity to have fun and set goals in a light, learning capacity!

***Practices are Monday, Wednesday & Friday, 3:30p - 4:30p**

Requirements for blue team:

Able to swim 50yds of freestyle & backstroke.

Try-outs: 3:45p on the first Tuesday of every month.

Cost: Members: \$40/month | Non-members: \$60/month

***Minimum of 12 hours/month**

White Team:

The white team is our competitive team. This team gives swimmers an opportunity to work hard and strive to grow in whole new ways!

***Practices are Tuesday - Friday, 3:30 - 5:00p.**

Requirements for white team:

Able to swim 50yds of freestyle & backstroke.

Able to swim 25yds of breaststroke & butterfly.

Swimmers will need to register with USA swimming before starting practice.

Cost: Members: \$55/ month | Non-Members: \$75/ month

There is an annual registration fee with USA swimming.

***Minimum 28 hours/month**



WHAT IS USA SWIMMING?

As the National Governing Body for the sport of swimming in the United States, USA Swimming is a 400,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events and education.

Our membership is comprised of swimmers from the age group level to the Olympic Team, as well as coaches and volunteers. Members can get involved through our more than 2,800 clubs across the nation.

USA Swimming is also responsible for selecting and training teams for international competition including the Olympic Games, and strives to serve the sport through its core objectives: Build the base, Promote the sport, Achieve competitive success.