



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMERS WANTED

The Mon Valley YMCA is looking for positive, energetic boys and girls ages 6-18 who love to be in the water, want to have fun and love to race!

**NO COMPETITIVE
SWIMMING EXPERIENCE
NECESSARY!**

Swimmers must be able to swim the length of the pool unassisted to compete. Coaches work with swimmers on stroke development, technique, starts, turns, team spirit and sportsmanship.

Swimmers must be a member of the Mon Valley YMCA to be a team member.



The MVYST program is designed to develop, strengthen and discover competitive swimming. This is a fun, healthy way for your child to gain confidence and build self-esteem.

AGE GROUPS:

Novice: 6-8 Years
Cadet: 9-10 Years
Prep – 11-12 Years
Junior – 13-14 Years
Senior – 15-18 Years

**Swimmers from all
school districts
are welcome!**

Try it!

A one-week trial period is offered for members who have never participated in the Mon Valley YMCA Swim Team. If a swimmer decides not to join the team after the trial period, all but a small portion of their program fee will be refunded.

For more information please call the YMCA at 724-483-8077 or visit our website at <http://leaguelineup.com/mvsharks>

Practices Held:

Monday through Friday 5:00 to 6:30 PM.
Practices are not mandatory, come as often as you can. The more you practice, the faster you'll improve.

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MON VALLEY YMCA SHARKS SWIM TEAM REGISTRATION FORM

Swimmer's Name: First: _____ Last: _____ M.I. _____

Birth Date: _____ Male Female Mon Valley YMCA Member? Yes No

Primary Guardian(s) Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

Other Guardian(s) Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

Email: _____

Emergency Medical Information: _____

Doctor: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Allergies: _____

Please attach a copy of the swimmer's birth certificate.

I hereby voluntarily release and hold harmless the Mon Valley YMCA Swim Team and or the Mon Valley YMCA from all liabilities for all types of damages or injuries whether foreseeable or not, sustained by myself, my child or other family members while participating. Watching/traveling to or from this activity.

Parent or Guardian Signature: _____ Date: _____

Mon Valley YMCA
101 Taylor Run Road
Monongahela, PA 15063

