

Yakima YMCA Swim Team (YYST)  
New Swimmers Information Sheet  
Head Coach: Roger Coburn 972-5272  
yystmarlin@yahoo.com

**YMCA Annual Membership:**

Through front desk, checks payable to Yakima Family YMCA

Youth (ages 0-13) \$42.00

Teen (14-19) \$122.00

**YYST Registration/USA Swimming Membership:**

Through swim team coach or Treasurer (Greta Alderson)

Checks are payable to YYST. The annual fee is \$62.00

**Monthly Dues:**

Mail to: YYST P.O. Box 1741 Yakima, WA 98907

Monthly statements will be sent, or you may also drop off payments at practice.

Questions? Greta Alderson 248-1202 ext. 5287

*Groups depend on level of ability as well as age.*

Novice (N) \$25.00/month

Age Group (AG) \$30.00/month

Pre-Seniors (PS) \$35.00/month

Seniors (S) \$40.00/month

**Practice Schedule:**

4:00 – 5:30 PM Monday, Wednesday, Friday (AG, PS, S)

This is for swimmers who have mastered fundamentals of all four strokes, starts, and turns.

3:30 – 4:30 PM Tuesday, Thursday (PS, S)

This is for swimmers who are close to mastering the fundamentals.

4:30 – 5:30 PM Tuesday, Thursday (N)

This is for beginner swimmers, or those still learning fundamentals of all four strokes.

5:30 – 7:00 AM Every week day morning (PS, S)

This is for advanced swimmers, or high school only.

7:00 – 9:00 AM Saturday (ALL) All swimmers are welcome.

*It is important to adhere to your designated practice times. However, if there is a reason you can not make a particular practice time, you may make arrangements with the coach.*

**What you will need:**

Swim suit – a jammer (thigh length racing suit) is recommended for the boys and a one piece nylon or lycra racing suit is recommended for the girls.

Goggles – an extra set at practice is a good idea

Swim Caps – team caps may be purchased through Roger or Greta - \$3.50 each

Order forms for team shirts, sweats, etc., will be made available periodically.

Team suits may be purchased by calling J.D. Pence at 1-800-547-2520. Our team suit is the Alliance Team Durafast-Lightning Splice- **black and red**.

Big 5 (by Red Robin on Nob Hill) will usually carry competitive swim gear, or you may purchase items at the different swim meets we attend. The front desk at the YMCA also carries a limited supply of goggles.