

PRACTICE SCHEDULE

The Swim Season runs from September 8 – Middle March

Age Groups	6 & Under	8 & Under	9-10	11-12	13 – 14 and 15 – 18
Monday		4:00-5:00 Incl. Dry Land	4:00-5:00 Incl. Dry Land	4:00-5:30 Formal Dry land	7:15-9:15 Includes Weight Room
Tuesday	4:00-4:45 Incl. Dry Land	4:00-5:00 (Optional)	4:00-5:00 Incl. Dry Land	4:30-6:00 Formal Dry land	6:30-8:30 * ** At LaFollette H.S. **
Wednesday	4:00-4:45 Incl. Dry Land	4:00-5:00 Incl. Dry Land	5:00-6:00 Incl. Dry Land	5:00-6:00 Incl. Dry Land	5:30-7:30 Includes Weight Room
Thursday	5:00-5:45 Incl. Dry Land	5:00-6:00 Incl. Dry Land	4:00-5:00 Incl. Dry Land	4:00-5:30 Incl. Dry Land	6:30-8:30 * ** At LaFollette H.S. **
Friday			4:00-5:00 Incl. Dry Land	4:00-5:00 Incl. Dry Land	4:00-6:00 Includes Weight Room
Sat. or Sun.	Some weekend practices are held for swimmers if there is no meet. Coaches will post dates for these.				

LaFollette practice times are listed. All other practices are held at the YMCA.

* LaFollette practices are scheduled according to availability of the pool and may be subject to change

SWIM TEAM FEES

	Season Fees	1 st Pmt. by Sept. 8	2 nd Pmt. by Nov. 3
Age 6 & Under	\$245	\$125	\$120
8 & Under	\$330	\$165	\$165
9 - 10	\$370	\$185	\$185
11 - 12	\$400	\$200	\$200
Senior 13 - 19	\$460	\$230	\$230
High School Boys	\$270	X	X
High School Girls	\$320	X	X
\$50 BOOSTER FEE \$40.00 in 2008/09 due to Fundraising		for coaches' traveling expenses for meets, for social events and equip - Due at Registration.	

OPTIONAL

(USA Membership Fees) \$45.00 per year for 8 & Unders, \$52.00 per year for all others

YMCA MEMBERSHIP

YMCA National Rules require that all team members belong to the YMCA that they represent.

This allows you to enjoy many other activities even when you are not at Swim Team practice.

For YMCA membership information, contact our front desk.

Member Type	Entry Fee	Monthly Fee	Annual Fee
Youth Ages 5 - 12	\$25	\$21	\$252
Teen Ages 13 – 19	\$25	\$25	\$300
Family (2 + members)	\$50	\$62	\$744

Each Family is assigned a Family File or "MAILBOX" which is located on the pool deck. You will receive notices and newsletters in your mailbox. Information will also be posted on our website at www.meyo.org.