



BARRACUDA SWIM TEAM



Bedford Area Family YMCA
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The season starts May 17th!!!

Welcome to the Barracudas Swim Team! Swim team is a great time for all swimmers to work on *stroke technique* and develop a love for swimming.

Focus for Team Swim:

We will spend much of the season talking about good nutrition and learning what our bodies need in order to become healthy adults and elite athletes. We strive for each child to be able to build a healthy foundation where they feel strong and confident.

We will also break down each stroke and work on proper technique and good form so that each swimmer can get the most efficiency from the strokes. This is the foundation of swimming. Our goal is not to be the FASTEST, but the MOST EFFICIENT in the water.

Swim team is a great way to enjoy competitive swimming in a recreational environment.

ALL parents will be asked to volunteer at ALL swim meets

Please check your email regularly; this is the main form of communication between coaches and parents.

Cost of being a Barracuda

Please make sure that your child/children want to swim before signing them up- the goal of swim team is exercise and learning

All Barracudas must be members of the Bedford Area Family YMCA.

(A Youth membership is \$18 a month. The joiner's fee is waived, but 30-day notice to cancel does apply)

The swim team cost is:

- \$50 per month for May, June, and July, with the first week in August \$0. For every sibling signed up, receive \$10 off their MONTHLY registration (\$60 for the 1st, \$50 for the 2nd, etc.).
- Alternatively, you can pay the whole season up front for only \$125.

Practice Schedule For Summer:

Monday-Thursday
5:30pm-6:30pm

Meet Schedule For Summer:

Monday Nights

**All Covid-19 guidelines and mandates will be followed.*

SWIMMER INFORMATION

Swimmer's Name:

Parent's Name(s):

E-mail address:

Date of Birth: ___/___/___ Age: ___

Address: _____

Emergency phone numbers:

I understand the requirements & policies; & this registration is made with the understanding that the Bedford YMCA, its directors, staff, & volunteers are not responsible for any sickness or injury sustained while attending swim team practice and/or meets.

Guardian Signature

Date