

DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:

Lauren Hardwick,
Blue Sharks Head Coach
lhardwick@nnyymca.org

BLUE SHARKS REQUIREMENTS

- A minimum skill level equal to that of an intermediate swimmer through recreational lessons is required for team membership.
- **The Blue Sharks require swimmers attend at least one practice each week, and at least three meets during the season.** The staff will encourage consistent participation to better develop skills and proficiency.
- Depending upon what age group the child is placed in, he/she will be exposed to a wide variety of water drills which make the swimmer repeat fundamentals of each stroke, turn, or start.
- A-D swimmers will be training for endurance more than instructional drill work thus swimming many more laps. Mighty-Mini group swimmers will be doing fewer laps and beginner level focused drills and exercises.

PARENT SUPPORT

- Each parent is expected to volunteer to help at two swim meets per season and bring a concession donation for at least one home meet. The YMCA Blue Sharks Parent Board of Directors has a list of volunteer positions that are vital to the operation of the team.

To volunteer, contact: Wendy Favero
wfavero@bluesharks@outlook.com



Northern New York
Community Foundation



UNITED WAY
Northern New York



UNITED STATES ARMY
CHILD & YOUTH SERVICES



VISIT US ONLINE AT WATERTOWNYMCA.ORG

WATERTOWN BLUE SHARKS SWIM TEAM

is a competitive swim team and a member of the Central New York YMCA league, enlisting swimmers from around the North Country.

PURPOSE AND GOALS

The purpose of this swim team is to enrich the emotional, mental, and physical development of our swimmers through the discipline of competitive swimming. With this purpose in mind, these five goals have been set for the team:

- Maintain a competitive swim team
- Promote good sportsmanship, fair play, and discipline
- Promote physical and mental well-being
- Promote team unity
- Promote a lifetime leisure activity

THE
The Dive
Right In
PLACE

"You can't put a limit on anything.
The more you dream, the farther you get."

—Michael Phelps



DOWNTOWN BRANCH

2026 - 2027 SEASON

BLUE SHARKS SWIM TEAM

October 2026 - February 2027
SEASON STARTS OCTOBER 5



PARENT INFO NIGHT
SEPTEMBER 16 | 6:00 - 7:00 PM
Downtown YMCA
Conference Room & Zoom

REGISTRATION OPENS AUGUST 10



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BLUE SHARKS SWIM TEAM

The Blue Sharks Swim Team is a Watertown Family YMCA sports program. **A YMCA MEMBERSHIP IS REQUIRED TO JOIN.** The YMCA provides, through the membership, required insurance coverage for swimmers and staff members for participation in the CNY YMCA Swim League.

YMCA MEMBERSHIP OPTIONS

YOUTH Monthly Fee:

18 - 24 Years **\$25.30***

*Plus \$20.00 Joiner Fee

13 - 17 Years **\$12.70**

Up to 12 Years **\$9.40**

FAMILY Monthly Fee \$65.90*

*Plus \$75.00 Joiner Fee

SINGLE PARENT Monthly Fee \$50.60*

*Plus \$50.00 Joiner Fee

BLUE SHARKS SWIM SEASON FEE

First Child: \$450.00 (5 x \$90.00)

Additional Siblings: \$415.00 (5 x \$83.00)

Modified/Varsity: \$415.00 (5 x \$83.00)

The first payment is due at time of registration. Additional 4 payments are drafted the first of each month November 2026 - February 2027.

TEAMUNIFY REGISTRATION FEE**

Annual \$15.00 registration fee per family

**** Teamunify App is required for practice and meet registration**

TWO WEEK TRIAL OFFER

After two weeks, a final determination of whether a swimmer is at a safe level to continue with program will be decided by a coach. If you choose not to continue with the program after the trial, **you MUST notify the YMCA to stop payments.**

SWIMMERS MUST REGISTER BY AGE

AS OF DECEMBER 1, 2026

Group A 15 - 19 Years

Group B 13 - 14 Years

Group C 11 - 12 Years

Group D 9 - 10 Years

Group E 8 Years & Under***

*****GROUP E** is an introduction to the four competitive strokes and proper techniques. The child should be comfortable in the deep end of the pool and must be able to swim for 25 yards without stopping and without the use of aids.

SEASON START DATE: OCTOBER 5

PRACTICE SCHEDULES

Groups D & E

Monday - Thursday 6:00 - 7:00 PM

Friday 6:00 - 7:30 PM

Groups A, B, and C

Monday - Thursday 7:00 - 8:30 PM

Friday 6:00 - 7:30 PM

PLEASE NOTE: Practice will not be held if Y is closed or operating under reduced hours. Some optional practices are held during Christmas and February school vacations.

MEET PARTICIPATION

With the understanding that Blue Sharks is a full-time competitive swim team, participants should plan to attend all swim meets, both home and away. It is in the best interest of our team for all swimmers to attend all meets in order to have a successful year.

All swimmers compete within their age group.

There will be six (6) Dual League Meets during the season as well as multiple Invitational Meets. Details will be provided to families when confirmed.



PARENT INFO NIGHT

SEPTEMBER 16 | 6 - 7 PM

Downtown YMCA Conference Room & Zoom

TEAM SWIMSUITS

Team suits are ordered at the beginning of the season. Cost is not included in the registration fees, but every attempt is made to keep the cost reasonable. Suit prices and sizing will be determined at the Parent Info Night prior to ordering.

Team suits are worn at swim meets including: Home, Away, Invitational, District, and State meets. **They should not be worn for practice.** Any one-piece swimsuit can be worn at practice.

NOT SURE? TRY SWIM TEAM PREP!

Develop strong fundamentals on stroke mechanics, diving, turns, endurance, and competitive swimming skills.

September 15, 17, 22, 24, 29, & October 1

**Tuesday & Thursdays
6:00 - 7:00 PM**

PREREQUISITE:

Front crawl 25 yds,
tread for 1 minute, &
front crawl 25 yds.



Questions? Please contact
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