

SWIMMING . . . A SPORT THAT LASTS A LIFETIME

Is the summer never long enough for your children?

If they love the water and you can't get them out of the pool, maybe it's time to turn that love into a sport they will use the rest of their lives. Give them a competitive edge as members of the



Our swim team is about:

- Learning skills in a FUN environment
- Excitement
- Competition
- Exercise
- Team Spirit
- Support friendships

Our swimmers come from all of the local communities:

Arnold, New Kensington, Lower Burrell, Upper Burrell, Springdale, Cheswick, Harmar and others.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA

The Y is a cause-driven, non-profit organization that strengthens communities through youth development, healthy living and social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

The Y is for everyone. Our programs and initiatives enable kids to realize their potential; prepare teens for adulthood; offer ways for families to have fun together; empower people to be healthier in spirit, mind and body; welcome and embrace newcomers and help foster a community-wide service ethic.

And that's just the beginning . . .

YOUTH DEVELOPMENT: We believe the values and skills learned early on are vital building blocks for life. At the Y, children and teens learn values and positive behavior, and can explore their unique talents and interests, helping them realize their full potential. That makes for confident kids today and contributing and engaging adults tomorrow.

HEALTHY LIVING: Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. At the Y, it's not about the activity you choose as much as it's about the benefits of living healthier on the inside as well as the outside.

SOCIAL RESPONSIBILITY: We know that when we work as one, we move people and communities forward. That's why the Y is committed to providing support to our neighbors and opportunities for kids, adults and families to give, join in or advocate in the name of stronger communities.

VALLEY POINTS FAMILY YMCA

Corporate Office

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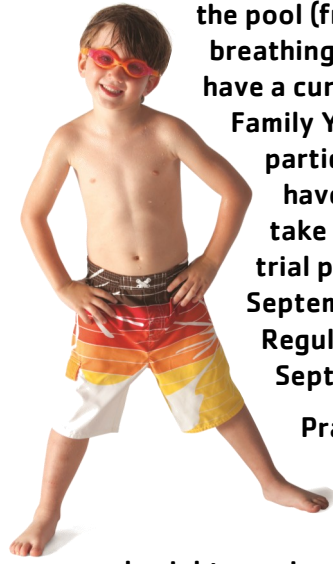
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2011 Stingrays Swim Team
VALLEY POINTS FAMILY YMCA

The Valley Points Family YMCA Stingrays Swim Team is open to all swimmers ages 5 to 18 (as of December 1st) who can swim one length of the pool (freestyle, with rotary breathing). Swimmers must have a current Valley Points Family YMCA membership to participate. They do not have to be a member to take advantage of the free trial period which will be September 6-8, 2011. Regular practices will start September 12, 2011.



Practices are held in New Kensington at the Valley High School pool on week-night evenings. Regular practices begin on September 12th and continue through late February. Our qualified coaching staff has developed the workouts and stroke instruction to build technique, strength and endurance. Swimmers may practice every night or select the nights that best fit their schedule. YMCA team swimming is structured to permit your child to be as competitive as they choose to be. Many swimmers swim for the exercise, the competition, or for the sheer enjoyment of being part of the team.

The Stingrays compete in the Western PA YMCA Swim League. Our competitive swimmers have the ability to go on to swim at YMCA District, State and National Championship meets if they qualify



throughout the year. There are mandatory dual meets (competition against another YMCA team) that are held on Saturdays beginning in December until February. Optional invitational meets are available throughout the season in various locations for a nominal fee per event.

The Stingrays host the *Last Chance Invitational* in February, which is the last invitational before the District meet. The *Last Chance Invitational* is mandatory for all Stingrays swimmers.

The Stingrays Swim Team is a program of the Valley Points Family YMCA. Additional support is provided by the Swim Team Parents Association. The Parents Association holds meetings on the first Tuesday of every month. Swimmers and parents are also kept informed of events through email and postings at the Valley High School pool. The parents support the team by participating in fundraising activities and volunteering at the home dual meets and *Last Chance Invitational*.



Stingrays Swim Team Registration

Child Name: _____
 Date of Birth: _____
 Age (as of 12/1): _____ Gender: F M
 Favorite Stroke: _____
 Address: _____
 City/State/Zip: _____
 Email: _____
 Phone: _____
 Parent Name: _____

Program Fees (check one):

- \$275 — first child
- \$85 — additional child(ren)
- \$150 — high school swim team member

I agree not to hold the YMCA, director, or the instructor of this activity, the organization, or place where the activities are conducted responsible for any injury which may take place while participating in this activity. To the best of my knowledge, my child has no physical problem that should restrict his/her participation in this activity. The Valley Points Family YMCA DOES NOT carry health or accident insurance on the participants of its programs.

Parent/Guardian signature: _____

Date: _____

Please complete this form and drop it off at the Valley Points Family YMCA with your registration fee payment. Thank you!