

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; the 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: Mackenzie Dickinson
mknzdickinson@gmail.com

DOWNTOWN YMCA

146 Arsenal Street
Watertown, New York 13601



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



THE WATERTOWN BLUE SHARKS

a member of the Central New York YMCA league, is a competitive swim team from Watertown, NY enlisting swimmers from around the North Country. Practices run from early October through February. Many Blue Shark members compete in the annual New York State YMCA Swimming Championship meet in March. Past members have also competed in the YMCA National Meet held in Greensboro, NC!

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

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

-Michael Phelps



2025-2026 SEASON

PARENT INFO NIGHT

SEPTEMBER 15, 2025 6:30 PM
DOWNTOWN YMCA
CONFERENCE ROOM & ZOOM

REGISTRATION BEGINS
AUGUST 11, 2025

WWW.WATERTOWNYMCA.ORG

SEASON START DATE
OCTOBER 6, 2025



WWW.WATERTOWNYMCA.ORG

ALL BLUE SHARK PRACTICES WILL BE HELD AT DOWNTOWN YMCA AQUATIC CENTER

SWIMMERS REGISTER BY AGE AS OF DECEMBER 1ST, 2025.

BLUE SHARKS AGE GROUPS:

- 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

This is an introduction to competitive swimming for young people ages 8 years and under. Proper technique of the four competitive strokes is stressed. The child must be able to swim a form of the front crawl for the length of the pool (25 yards) without stopping and without the use of aids. The child should be comfortable in the deep end of the pool.

PRACTICE SCHEDULES

- Groups D & E:**
Monday – Friday: 6:00–7:00 PM
- Groups A/B/C:**
Monday – Friday: 7:00–8:30 PM

Practice is not held on if YMCA is closed or operating under reduced hours. Some optional practices are held during Christmas and February school vacations.

For program questions contact:
Lauren Hardwick, Blue Sharks Head Coach
lhardwick@nnyymca.org

TEAM SWIMSUITS

Team swimsuits are generally ordered at the beginning of the season. While cost is not included in registration fees, every attempt is made to keep the price reasonable.

Team suits are worn at swim meets (Home, Away, Invitational, District and State meets). They should not be worn for practice. Any one-piece swimsuit can be worn for practice. Sizing for the suits will be done at the Parent Info Night and prices will be determined before ordering.

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 to have a successful year. All swimmers compete within their age group.

There will be 6 Dual League Meets during the season as well as multiple invitationals. Details will be provided to families once they are confirmed.

A YMCA MEMBERSHIP IS REQUIRED TO JOIN THE BLUE SHARKS.

The Blue Sharks Swim Team is a Watertown Family YMCA sports program. 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*: | \$23.00 |
| *Plus \$20.00 Joiner Fee | |
| 13–17 Years: | \$11.50 |
| Up to 12 Years: | \$8.50 |

- FAMILY Monthly Fee: \$59.90***
*Plus \$75.00 Joiner Fee
- SINGLE PARENT Monthly Fee: \$46.00***
*Plus \$50.00 Joiner Fee

BLUE SHARKS SWIM SEASON FEE

- | | |
|----------------------|------------------------|
| First Child: | \$425.00 (5 x \$85.00) |
| Additional Siblings: | \$390.00 (5 x \$78.00) |
| Modified/Varsity: | \$390.00 (5 x \$78.00) |

The first payment is due at time of registration. Additional 4 payments drafted the first of each month November '25–February '26.

TEAMUNIFY* REGISTRATION FEE

Annual \$15.00 Registration Fee per Family
TEAMUNIFY APP IS REQUIRED FOR PRACTICE AND MEET REGISTRATION

TWO WEEK TRIAL OFFER

The Blue Sharks offer a two-week trial membership. At the end of the 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 two-week trial, **you MUST notify the YMCA to stop further payment.**



SCAN QR CODE TO REGISTER



WATERTOWNYMCA.ORG

