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EASTSIDE YMCA SWIM TEAM FAQ SHEET

Q. Who is eligible to be on Swim Team?

- A. Participants must be able to Jump into the deep end of the pool, submerge, and return to the surface unassisted; Tread water 1-minute with a good body position, head and ears above the water; Float on back 30-seconds. Swimmers, 8 and under, must be able to swim one length (25 yards) freestyle and one length (25 yards) backstroke without any assistance and without stopping. Swimmers, 9 and up, must be able to swim 50 yards freestyle and 25 yards backstroke without any assistance and without stopping. All swimmers must have a YMCA of Greater Erie Membership in order to participate; this is a National YMCA requirement.

Q. How much does it cost to be on Swim Team?

- A. We are offering multiple payment options; If paid in full, the charge for one swimmer is \$275; if there are two or more swimmers in a family the charge is \$250 per swimmer. High School swimmer's cost is \$125 with coach verification. A payment plan option is available: \$300 for one swimmer and \$275 each for two or more swimmers in a family.

Q. What does my registration fee cover?

- A. A portion of the coaches' salaries, pool rental fees, general operating costs, and dual meets.

Q. What does my registration fee not cover?

- A. Swim suit, goggles, and training equipment, team clothing, special events, invitational and championship meet costs.

Q. Where do we practice?

- A. Harbor Creek High School - Monday, Tuesday, Wednesday & Thursday. Some practices will be held at the Montessori Natatorium which will be announced as the season progresses.

Q. When do we practice?

Practices are ongoing throughout the season. Swimmers will be divided into groups based on factors such as ability, endurance, and experience. Practice will take place between **5:45–8:00 p.m.**, with specific practice times and lengths adjusted as the season progresses.

Q. When can we sign up?

- A. Registration is ongoing. Returning swimmers and families can register online or at the front desk through November 21, 2026. New swimmers will need to register for a tryout prior to registering for the season.

Q. What if I cannot make every practice?

- A. We understand and encourage you to make as many as you can. The more practices you attend, the more you will gain from our program. Swimmers are required to practice a minimum of 1 day per week to be able to compete at the next scheduled dual meet. There are practice attendance recommendations that vary between the swim groups.

Q. Do I have to compete?

- A. We are a competitive swim team. You will benefit and gain life lessons by competing. We strongly encourage everyone to compete. Communication with coaches about participation in meets is essential.

Q. What do I need for practice?

- A. You will need a swim suit, swim cap, goggles, water bottle, a towel and a positive attitude! Additional equipment (kickboard & pull buoy) is highly recommended, but it is not required. Advanced swimmers should also have fins & swim paddles. Recommended gear is listed on the team store on SwimOutlet.com – <https://www.swimoutlet.com/collections/esynarwhalsswimteam>

Q. What do I need for a swim meet?

- A. You will need a team swim suit, Eastside Y swim cap, goggles, water bottle, extra towels and a smile!

Q. What is a dual meet?

- A. Dual meets are our league scheduled meets and should be attended by all swimmers on the team. There is no fee for these meets and they are against one other team. Coaches pick the events in which swimmers will compete.

Q. What is an invitational?

- A. These meets are optional, and usually have an entry fee per event entered. You and your child pick the events in which they want to compete.