



YMCA OF SAN DIEGO COUNTY  
**COMMUNITY  
WELL-BEING  
& BELONGING**

# JOIN OUR TEAM!

## Santee Tiger Sharks YMCA Swim Team

### YEAR ROUND TEAM | CAMERON FAMILY YMCA

Our competitive swim teams are for youth swimmers with a range of ability levels! Emphasis is placed on developing the four competitive swim strokes, technique, racing skills and endurance. Dive in and join the team!

**TRYOUTS:** Tryouts are held every Monday at 7pm when practice ends, please look for a coach on deck! Swimmers should be proficient in 100 yards freestyle with rotary breathing, 100-200 M based on ability, 25-50 yards butterfly, backstroke, breaststroke and freestyle.

**AGES:** 5 - 17 years.

**SWIM TEAM LEVELS:** Once your child has attended tryouts, they will be placed on a swim team depending on their age and ability. Swimmers are not required to attend practice every day, but are encouraged to come as frequently as possible. Please reach out to our Head Swim Coach, Chelsea Abraham, at [cabraham@ymcasd.org](mailto:cabraham@ymcasd.org) with any questions.

SKILL LEVEL	PRACTICE DAYS	TIME	COST (Member   Participant)
Novice	M - Th	5 - 5:45PM	\$71   \$91
Bronze	M - F	5 - 6PM	\$115   \$135
Silver	M - F	5:45 - 7PM	\$138   \$158
Gold	M - F	5:45 - 7PM	\$138   \$158

[ymcasd.org/cameron](http://ymcasd.org/cameron)