



We build strong kids, strong families, strong communities.

Scholarship

To apply for a scholarship for your swim team fees, please pick up a Helping Hands Scholarship Form at the front desk. This scholarship can be used towards your membership and program fees, but not towards swim meet fees. You do not have to be a member to apply for or to receive this scholarship.

If you are interested in giving to the YMCA Helping Hands Scholarship fund, please contact Chad Knight at (620) 275-1199 or gckymca.ceo@gmail.com.

“The Seahawks Swim Team is a great program for children of all ages to join. Swimming is a team sport and a great way to gain self confidence while competing individually.”

“Where Values Meets Values”

Garden City Family YMCA
1224 Center St.
Garden City, KS 67846



We build strong kids, strong families, strong communities.

Garden City Family YMCA Seahawks Swim Team

Winter 2010

January 4th -
February 26th



Cara Kieft, Aquatics Director
(620) 275-1199
gckymca.aquatics@gmail.com
www.gcnet.com/ymca



Garden City Family YMCA Seahawks Swim

Swim Coach

Cara Kieft

Format

Cara will lead and instruct practice three times a week to help develop and improve the swimmers' skills. Registered swimmers will be allowed to participate in several swim meets, including our home swim meet, February Freeze on February 20th.

February Freeze

Home Swim Meet on February 20, 2010. Sign up to volunteer now!

Bring a friend free week!

JANUARY 25-29

Bring a friend with you to practice and if you recruit this friend to join for summer 2010, you'll save \$10 for the summer season!

Need Extra Work?

Current GCHS swimmers Laisa Alcantar and Theresa Amante are here to give you extra instruction on your stroke, turns, starts and anything else. Schedule an appointment with Cara today!

Practice Times

Mondays	5:00-6:00 p.m.
Wednesdays	5:00-6:00 p.m.
Fridays	5:00-6:00 p.m.

Fees

Season - Member	\$40
Season - Program Participant	\$80
Season - Free/reduced lunch	\$30
Monthly - Member	\$20
Monthly - Program Participant	\$40

If you need assistance, please refer to our scholarship program on the back.

Registration

Missouri Valley Registration is required. All swimmers must pay this fee and fill out the registration form before being allowed to participate in swim meets.

Registration, full year	\$53
Registration, season	\$31
Registration, free/reduced lunch	\$7

Swim-A-Thon Fundraiser

February 26th-27th

Help the swim team raise money by joining us in our Overnight Swim-A-Thon! A fun night filled with lots of swimming, snacks and movies for all swimmers to enjoy.

Seahawks Registration Form

Sign up for:	Price
<input type="checkbox"/> Season - Member	\$40
<input type="checkbox"/> Season - Participant	\$80
<input type="checkbox"/> Season - Free/reduced lunch	\$30
<input type="checkbox"/> Monthly - Member	\$20/month
<input type="checkbox"/> Monthly - Participant	\$40/month

Swimmer's Name _____ DOB _____

Special problems or disabilities? _____

Parent/Guardian Name _____ DOB _____

Address _____

Phone Number _____

Email _____

Make all checks payable to:
Garden City Family YMCA

Please circle in which area(s) you are able to volunteer for February Freeze on February 20th

Stroke and Turn Judge	Head Timer
Timer	Runner
Awards	Bull pen
Heat winner awards	Concessions

Office use only: Director Please Call _____ Staff Initials _____