



SANFORD-SPRINGVALE YMCA

Titans

SWIM TEAM

2025-2026 Season



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



1 Emile Levasseur Drive, Sanford Maine | 207-324-4942 | www.sanfordymca.org

Y MEMBERSHIP FEES

Swimmers on the Sanford-Springvale YMCA Titans Swim Team must be a member for the entire duration of the swim season per YMCA of the USA regulations.

Membership options are listed below. For a complete listing of member benefits visit sanfordymca.org

Membership Type	Monthly Rate
Youth (0-12 yrs)	\$28
Youth (13)	FREE
Youth (14-17 yrs)	\$34
Youth Adult (18-25 yrs)	\$41
Adult (26-61 yrs)	\$51
One Parent Family	\$77
Family	\$86

Memberships can be drafted monthly or prepaid for a minimum of 3 months.

TEAM FEES

Swimmer fees must be paid in full at the time of registration, or monthly payment plans can be set up by the Aquatics Director prior to registration. 5% discount for multiple children. Scholarship applications must be submitted prior to registration.

Team

White (new 10 & under)	\$495
Homeschool White	\$495
Blue (ages 8-13)	\$510
Homeschool Blue	\$510
Junior (ages 10-14)	\$545
Seniors (ages 11-18)	\$580

Please note ages are a suggestion please pick the team most appropriate for your child's skill level.

OTHER FEES & EXPENSESES

Swimmers are required to have a practice suit, swim cap and goggles, swim fins & water bottle.

All equipment can be purchased online at the Swim Outlet site.

Titans are a USA Registered Swimming Team.

Participation in USA meets requires additional fees.

FUNDRAISING

All of our swim team families are asked to participate in team fundraisers, which allow for lower team fees. Funds raised also support new equipment and scholarships.

SCHOLARSHIPS

At the Y, we believe we have something special – and everyone should have access to it. We were proud to share the Y with more than 1000 children, seniors and families last year who otherwise might not have become part of our Y family.

Scholarship applications are available at the Welcome Center and on our website.

<https://www.sanfordymca.org/financial-assistance>

EVALUATIONS

All swimmers who have never competed on a swim team must set up an evaluation prior to registration with Ali Fair the Aquatics Director.

<https://www.sanfordymca.org/titans-swim>

STAY INFORMED

- Team Unify: Be sure to set up an account with your email. Team Unify is how all team communications are sent out.
- Visit sanfordymca.org/titans-swim

Welcome to TITANS

Join our amazing Titans Swim Team! Experienced coaches work hard to transform each team member into a stronger version of themselves, not only physically, but inwardly.

Our program embraces the YMCA core values and promotes progression at an individual level.

BENEFITS OF JOINING THE TEAM:

- When you join the Y, you join a community. All practices are taught in the Y's family-friendly, positive environment.
- Kids learn the fundamentals of swimming and how to compete individually and on a team.
- Experienced coaches who embrace the Y values of caring, honesty, respect and responsibility.
- We encourage kids to be their very best in and out of the water.
- Everyone is welcome. Financial assistance is available through our scholarship program.

GENERAL PREREQUISITES:

- Ages 6+
- Ability to swim 25 yards of freestyle with rotary breathing without stopping and 25 yards of backstroke without stopping.
- Swimmers must be YMCA members to participate.
- Swimmers have the option to register for USA Swimming to compete in additional meets throughout the season.
- All swimmers who have never competed on a swim team prior, must set up an evaluation with Ali Fair the Aquatics Director.

Ali Fair

Aquatics Director

afair@sanfordymca.org

Emma Westgate

Coach

ewestgate@sanfordymca.org



SEASON DATES

Full Season: May 05 – August 08, 2025

Season A: May 05–June 20,2025

Season B: June 23–August 08, 2025

PRACTICE SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday
Homeschool	No Practice	5:00 – 6:00pm	No Practice	5:00 – 6:00pm Dryland: 6:15 – 6:45pm	5:00 – 6:00pm
Homeschool White	No Practice	11:00 – 12:00pm	No Practice	11:00 – 12:00pm Dryland: 12:15 – 12:45pm	11:00 – 12:00pm
Blue	No Practice	5:00 – 6:00pm	No Practice	5:00 – 6:00pm Dryland: 6:15 – 6:45pm	5:00 – 6:00pm
Homeschool Blue	No Practice	11:00 – 12:00pm	No Practice	11:00 – 12:00pm Dryland: 12:15 – 12:45pm	11:00 – 12:00pm
Juniors	6:00 – 7:00pm	6:00 – 7:00pm Dryland: 5:00 – 5:45pm	No Practice	6:00 – 7:00pm Dryland: 5:00 – 5:45pm	6:00 – 7:00pm
Senior	6:00 – 7:00pm	6:00 – 7:30pm Dryland: 5:00 – 5:45pm	6:00 – 7:30pm	6:00 – 7:00pm Dryland: 5:00 – 5:45pm	6:00 – 7:30pm

November 22	Away	Kennebeck Valley	Augusta, ME
December 06	Home	Boothbay Y	Sanford, ME
January 03	Home	Bath Y	Sanford, ME
January 17	Home	Twin Cities Y	Sanford, ME
February 07	Away	Mid Maine Y	Waterville, ME
February 27 – March 01 YMCA States			

- To qualify for states you have to swim in at least 3 Y meets in the season
- There are a few invitational meets throughout the season that will be attended at the coaches discretion.

All meets (including USA swimming) will be posted on the Teams Sports Engine (TeamUnify) Website.