

# TIGER SHARK



**Swim Team**  
Member of USA Swimming  
&  
Maine Swimming



This activity is not a school sponsored activity. The Auburn and Lewiston School Departments do not approve, support, or endorse this activity.

*Space in the Swim Team is limited.*

*Call 795-4050 for  
information or to sign up!*

*[www.ywcamaine.org](http://www.ywcamaine.org)*

**June 14-August 27, 2021**

**Ages 5-18 years old**

The Tiger Sharks Swim Team is for youth interested in competitive swimming in a positive and encouraging environment. Coaches will focus on stroke development, increasing endurance, nutrition and having fun!

We strongly recommend that swimmers attend all practices. Swimmers with conflicting sports schedule who can only come to only 1 or 2 practices are welcome to join our team. We will participate in USA swim meets (meets are optional, highly recommend); travel is required for all meets. To join, youth must be able to swim two continuous laps (50 yards) one freestyle and one backstroke.

**Head Coach: Mia Bergmann**

**Assistant Coach: Marc Tremblay**

## Practice Times:

**A Group: Tuesday-Thursday 4:00-4:45pm \$125.00**

**B Group: Tuesday-Thursday 4:00-5:00pm \$150.00**

**C & D Groups: Tuesday-Thursday 4:45-6:00pm \$250.00**

## Possible Swim Meets:

June 26, 2021 at the Bath YMCA

July 17-18, 2021 in Westbrook

Members are responsible for event fees at meets.

\*New members must also pay the \$75 USA Athlete registration.

\*YWCA membership must be current.

*Any questions please contact*

*Mia Bergmann Head Coach YWTS 207-691-5843*

*or email : [mbergmann@ywcamaine.org](mailto:mbergmann@ywcamaine.org)*

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