



We strongly feel that discipline, which is another way of saying the daily choices one makes, is at the heart of success in all aspects of a life well lived.

1. Support the development and growth of each swimmer to reach their maximum potential in swimming and life.
2. Teach life lessons through self-discipline and character required to excel in the sport of swimming.
3. Provide the skill and age-appropriate training couple with the appropriate opportunities to compete.
4. Cultivate a team that will be nationally competitive.

The York YMCA Swim Team places the safety and well-being of our athletes, coaches, and volunteers as our top priority. With everyone's support and awareness, we can continue to foster a positive, respectful, safe and supportive environment where our swimmers can thrive and enjoy the sport we all love.