



Swim Lessons

Spring Session I: March 4th - April 27th

Registration Opens: Member February 11th
General Public February 15th

(*no classes week of April 15 - 20)

SWIM STARTERS (parent/child lessons, ratio 1:10)

For children ages 6 months - 3 years

Fee: Member \$67; Public \$105

A WATER DISCOVERY Introduces infants & toddlers to the aquatic environment through exploration & encourages them to enjoy themselves while learning about the water.

Saturday 9:00-9:30am

B WATER EXPLORATION Parents work with their children to explore body positions, floating, blowing bubbles, & fundamental safety & aquatic skills.

Saturday 9:30-10:00am

PRESCHOOL (ratio 1:5, unless noted)

30 minute class; ages 3-5

Fee: Member \$57; Public \$90

1 WATER ACCLIMATION Students develop comfort with underwater exploration. Lays the foundation that allows for student's future progress.

Mon 4:30-5:00pm, 5:05-5:35pm

Tues 4:30-5:00pm

Wed 4:30-5:00pm

Thurs 5:05-5:35pm **Sat** 10:00-10:30am

2 WATER MOVEMENT Focus on body position & control, directional change, & forward movement while also continuing water safety education.

Mon 4:30-5:00pm, 5:05-5:35pm

Tues 4:30-5:00pm, 5:05-5:35pm

Wed 5:05-5:35

Thurs 4:30-5:00pm **Sat** 10:30-11:00am

3 WATER STAMINA (ratio 1:6) Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.

Tues 5:05-5:35pm **Wed** 5:20-5:50pm

Thurs 4:30-5:00pm

4 STROKE INTRODUCTION (ratio 1:6) Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

Wed 4:30-5:00pm **Thurs** 5:05-5:35pm



SCHOOL AGE

45 minute class; ages 5-12

Fee: Member \$77; Public \$124

2/3 WATER MOVEMENT & STAMINA (ratio 1:7) Focus on body position & control, directional change & forward movement while also continuing water safety education. Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.

Mon 5:40-6:25pm **Tues** 5:40-6:25pm

Wed 4:30-5:15pm

4 STROKE INTRODUCTION (ratio 1:7)

Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.

Mon 5:05-5:50pm **Tues** 4:30-5:15pm

Wed 5:05-5:50pm & 5:20-6:05

Thurs 5:20-6:05pm

5 STROKE DEVELOPMENT (ratio 1:8)

Work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & sidestroke.

Mon 5:55-6:40pm **Thurs** 4:30-5:15pm

6 STROKE MECHANICS (ratio 1:9)

Refine stroke technique on all major competitive strokes, learn about competitive swimming & discover how to incorporate swimming into a healthy lifestyle.

Wed 5:55-6:40pm



COMPETITIVE SWIM



Makos JR (formerly Bonitos)

Mondays 4:15-5:00pm or Thursdays 5:40-6:25pm

Curious about being on swim team, but not quite ready yet? Try Makos JR!

Makos JR is an introduction to competitive swimming for children ages 6-13. The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Participants must be able to swim 25 yards of unassisted front crawl with rotary breathing.

Registration required.

Runs on the same schedule as Swimming Lessons, Spring I Session is 3/4 - 4/27 (no classes 4/15-20).

Fee: Member \$50; General Public \$85 for 7 weeks.

Mako Swim Team

Competitive Swim Season continues through March 22nd

Spring Team Training will run April 1st- June 14th

Enrollment is ongoing

Open to Swimmers ages 6-18

The Y's year-round competitive swim club for all youth.

The team is coached by Rainy Goodale and offers vigorous work-outs based on high energy, technique focused swims on personalized challenging intervals. The team is part of the South Eastern Massachusetts Swimming League and includes the option to compete in USA Swimming Meets. The Makos are broken into three different work-out groups, Bronze, Silver, and Gold, designed for the advancement of each swimmer. See website for level descriptions and minimum requirements.

Practices run Monday- Friday 4:15-5:30pm.

Swimmers can chose to swim two to five times a week, which ever days work best for your schedule!

Fees listed below are based on the number of days per week your swimmer participates. Fees listed as member/general public for one month (4 weeks) of swim team.

Two days per week \$65/\$100

Four days per week \$95/\$130

Three days per week \$80/\$115

Five days per week \$110/\$145

FULL 10 WEEK SPRING TRAINING COMMITMENT PAY IN FULL OPTION (This pricing is for swimmers that register before or within the first two weeks of spring training season and plan to swim for the full 10 week session, thank you for your commitment to the Mako Swim Club):

Two days per week \$150/\$240

Four days per week \$210/\$300

Three days per week \$180/\$270

Five days per week \$240/\$325

Any questions or to start practices please contact our Competitive Swim Coach Rainy at Rainy@ymcamv.org or Aquatics Coordinator Denise McCann at Denise@ymcamv.org

