



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

