



COMPETITIVE SWIM

Mako Swim Team

Competitive Swim Season continues March 8th
Spring I Swim Season will run March 8th - April 16th
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 times:

Monday, Tuesday, Wednesday and Friday 4:00 -5:30pm.

Gold Practices: (for advanced swimmers, speak with a coach about joining)

Monday, Wednesday and Friday 5:30-7:00pm

Swimmers can chose to swim up to 3 times a week,. Pick which ever days work best for your schedule!

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

PRIVATE SWIM LESSONS

Contact: Denise, Aquatics Coordinator at denise@ymcamv.org or x 129

By appointment only, subject to instructor availability (please allow 5 days for scheduling)

One-on-One (40 min)

1 lesson: Member \$60; Public \$70

5 lessons: Member \$250 Public \$325

10 lessons: Member \$450; Public \$600

Semi-Private Lesson (two swim participants)

Prices reflect price per participant

One Lesson: \$40/Members, \$55/Non-Members

Five Lesson Package: \$175/Members, \$250/Non-Members

Ten Lesson Package : \$300/Members, \$450/Non-Members

YMCA of MARTHA'S VINEYARD

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