



# COMPETITIVE SWIM

## Mako Swim Team

Competitive Swim Season will continue May 3rd

No practices April 19th to May 1st

Spring II Swim Season will run May 3rd—June 19th

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 Coaches Rainy at [Rainy@ymcamv.org](mailto:Rainy@ymcamv.org) & Jen P [jen@j2sportsperformance.com](mailto:jen@j2sportsperformance.com) or Aquatics Coordinator Denise Wilson at [denise@ymcamv.org](mailto:denise@ymcamv.org)

## PRIVATE SWIM LESSONS

**Contact:** Denise, Aquatics Coordinator at [denise@ymcamv.org](mailto: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 Fee: \$40 for Members / \$55 for Non-Members

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

Ten Lesson Package Fee: \$300 for Members /

\$450 for Non-Members

**YMCA of MARTHA'S VINEYARD**

111R Edgartown Vineyard Haven Rd.

(508) 696 7171 [www.ymcamv.org](http://www.ymcamv.org)