



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM WITH THE MAKOS THIS FALL!!



REGISTRATION FALL 1: August 18th and rolling throughout the session.
(Contact Coach Jen for prorated session fees if joining after the first week)

FALL 1 SESSION DATES: September 8th through October 23rd, 2025

Mondays: 6 weeks, Tuesdays – Thursdays: 7 weeks. No Practice Monday 10/13 Indigenous Peoples' Day

The Y's year-round competitive swim club for all youth 6-18. The MAKOS team offers vigorous, high-energy workouts, and technique-focused swim instruction with personalized and challenging intervals. The MAKOS are broken into 3 different levels and 2 different work-out groups, Bronze, Silver, and Gold. There will be some off-island competition opportunities with the Cape Cod FireFish throughout the year, as well as some fun mock meets at home!

See level descriptions for the minimum requirements.

Practice Days:

Monday, Tuesday, Wednesday, and Thursday

Practice Times:

Gold (Advanced swimmers): 3:30-5:00pm (1.5 hours)

Bronze/Silver (beginner/intermediate): 5:00-6:00pm (1 hour)

Swimmers can choose to swim 1-4 practice times a week, but at least 2 are strongly encouraged.

Whole season fees:

Breakdown: \$20 per practice for members and \$25 per practice for the general public.

Mondays (6 practices) \$120 members \$150 general public

Tuesday, Wednesdays, and/or Thursdays (7 practices each) \$140 Members \$175 General Public

All 4 days a week (27 practices total) \$540 Members, \$675 for General Public

***Financial Assistance is available! Please check the website or front desk for information.**

Register online or at the front desk (508-696-7171ext. 0 or frontdesk@ymcamv.org)

<https://www.ymcamv.org/competitive-swim>

Contact Aquatics Director Jen Passafiume at jenp@ymcamv.org with any questions.

Makos Swim Team

Skill Level Descriptions

Bronze:

Swimmers should be able to swim 25 yards of backstroke and freestyle, and some basic breaststroke and butterfly.

Example workout set: 4 x 25 freestyle rest :30-1:00 between each

We will work on learning the breaststroke and butterfly and increase endurance and speed in the other strokes. We will focus on starts and flip/open turns as well.

Silver:

Swimmers should be able to swim 50 yards of butterfly, backstroke, and breaststroke, as well as 100 yards of freestyle.

Example workout set: 5 x 50 freestyle on a 1:30 or 2:00 interval

Swimmers will continue to improve stroke mechanics, endurance, and speed in all four competitive strokes, as well as build an understanding of legal starts and turns.

Gold: Open to swimmers in 7th-12th grade (5th and 6th graders with permission by coach Jen)

Swimmers should be comfortable with all four competitive strokes. Example workout set: 10 x 50 freestyle on :50/1:00/1:15 interval

Swimmers will continue to work on mechanics, endurance, and speed in all four competitive strokes, as well as improve power/speed in starts, and turns.

*Swimmers must be able to complete at least the bronze level description to practice with the Makos.

Please contact Jen Passafiume, Aquatics Director and Head Coach, at Jenp@ymcamv.org, 508- 696-7171 ext. 129 with any questions.