



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM WITH THE MAKOS THIS SUMMER!!



REGISTRATION DATES: Starting June 9th and rolling throughout the summer session.

SUMMER Session Dates: June 30th - August 14th 2025

The Y's year-round competitive swim club for all youth 6-18. The MAKOS team offers vigorous, high-energy workouts, and technique-focused swims instruction with personalized challenging intervals. The MAKOS are broken into 3 different work-out groups, Bronze, Silver, and Gold.

See level descriptions on our website for the minimum requirements.

Days: Mondays, Tuesdays, Wednesdays, and/or Thursdays

Times: 5:00-6:00pm ALL LEVELS

Fee breakdown:

\$25 per practice for members / \$33 per practice for the general public.

Swimmers will register for each individual date you want to come to practice.

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 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.