

the **MAKOS SWIM TEAM**

WINTER 23'-24'

WINTER session registration:

Starts 11/15 & ongoing for both members and general public.

Join anytime during the season.

*Prorated pricing after the first week.

Full Season:

11/27/23-2/22/24



Open to Swimmers ages 6-18

The Y's year-round competitive swim club for all youth. The MAKOS team offers vigorous, high energy work-outs, and technique focused swims instruction with personalized challenging intervals. The team competes in some mock and real meets throughout the year.

The MAKOS are broken into two different work-out groups, Bronze/Silver, and Gold, designed for the advancement of each swimmer. See website for level descriptions and minimum requirements.

Practices Days:

Monday, Tuesday, Wednesday, and Thursday

Practice Times:

Gold (Advanced swimmers) + MVRHS Varsity: 3:15-4:45pm

Bronze/Silver (beginner/intermediate): 4:45-6:00pm

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

Whole season fees:

(\$12 per practice for members and \$17 per practice for the general public)

Mondays (7 practices): \$84 members \$119 public

Tuesdays, Wednesdays and/or Thursdays (9 practices each): \$108 members \$153 public

All 4 days a week (34 practices total) \$374 members (\$11p/p) \$544 public (\$16p/p)

***Note - No practice 12/18-1/15 (4 week holiday break)**

NO practice Monday 1/15 MLK Day, or Monday 2/19 Presidents Day.

Any questions or to start practices please contact our Aquatics Director and Swim Coach:

Jen Passafiume - Jenp@ymcamv.org

YMCA of MARTHA'S VINEYARD

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