



SWIM WITH THE MAKOS!



FALL 2022 SEASON!

REGISTRATION DATES: Starting August 29, and rolling throughout the session

Fall Competition Season Dates: September 12th- November 18th

The Mako Swim Club is the YMCA of Martha's Vineyards competitive swim team for ages 6-18. Swimming with the team will offer vigorous workouts focused on technique and endurance to improve swimming ability. Swimmers will have the opportunity to compete in both home and travel meets throughout the year. The Makos team is broken into two different work-out groups based on age and ability of the swimmer.

See skill level descriptions on the website for minimum participation requirements.

Days: Mondays, Tuesdays, Wednesdays, and Fridays

Times: Gold (advanced) 3:15-4:45pm (90 minutes)

Bronze/Silver (Beginner/Intermediate) 4:45-6:00pm (75 minutes)

Swimmers can choose 2-4 days/week.

Fees: Members \$12/practice/week

Public \$17/practice/week

If you register for the full 10 Weeks, 4 days a week:

Members: \$407 (\$11/per practice)

Public: \$592 (\$16 per practice)

No practices 10/10, 10/31, and 11/11

To register please contact Member Services
at 508-696-7171 ext. 0 or frontdesk@ymcamv.org

Makos Swim Team

Skill Level Descriptions

Bronze:

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

Example workout set: 6 x 25 freestyle rest :20 between each

We will work on learning the 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 (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 or 1:00 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.

Practice will run Monday, Tuesday, Wednesday, and Friday. Swimmers may choose 2-4 days.

Fall Season: 10 weeks from September 12th-November 18th, 2022.

No Practice:

Monday, October 10th (Indigenous People Day)

Monday, October 31st (Halloween)

Friday, November 11th (Veterans Day)

YMCA of MARTHA'S VINEYARD

111R Edgartown Vineyard Haven Rd. (508) 696 7171 www.ymcamv.org