



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Makos Jr.

*****Mondays 4:00– 5:00 *****

At a new time! 1-hour practices!

Have you ever wanted to be on a swim team but are not sure? **TRY MAKOS JR!!**

This offering is from the competitive swimming pathway students can pursue following YMCA Swim Lessons. Makos Jr. focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Makos Jr. focus on the following important milestones:

- Developing endurance with competitive strokes
- Developing skills related to competitive swimming, such as flip turns, starts, and finishes
- Enhancing skills while building strong relationships

****All group swim lesson participants will receive a one time \$10 discount towards Makos Jr.**

Competitive Swim Season Sept. 16– March 22

Full season Rates: Members \$250 Public \$300

Monthly Rate: Member \$55 Public \$90

.....
Ages 6—18 years old

Practice is held Monday-Friday 4:15– 5:30pm

Must meet minimum requirements to participate

September 16th—March 22nd



The Mako Swim Club is a part of the Southeast Massachusetts Swim League which consists of five active teams. Advanced swimmers on the team also have the opportunity to join USA Swimming as they progress. The competition season for our Mako Swim Club runs October through March.

Registration and payments for swimming runs on a monthly basis. Throughout the race season the team participates in approximately five off island meets. Swimmer attendance to the meets is not mandatory but is encouraged. You do not have to commit to swimming the entire season if you are unable or play other seasonal sports.

All levels practice at the same time. Please see our website for level descriptions and prices. Registration forms are online and at our front desk. Swimmer must commit to at least two days of practice per week

Questions? Please contact our Aquatics Coordinator at

Denise@ymcamv.org or 508-696-7171 ext 129

YMCA of MARTHA'S VINEYARD

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