



# SWIM WITH THE SHARKS!

## Makos JR (formerly Bonitos)

**Mondays 4:00-4:45pm, July 1st - August 12th**

Curious about being on swim team, but not quite ready yet? Try Makos JR!

Makos JR is an introduction to competitive swimming for children ages 6-13. The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Participants must be able to swim 25 yards of unassisted front crawl with rotary breathing.

**Registration required.** During the summer we offer open ongoing enrollment for Makos Jr. You can register for just one week or all 7 weeks it's up to you! Prices listed are priced per practice.

**Fee per practice: Member \$13; General Public \$18**

## SUMMER WITH THE MAKOS

**Session Dates: July 1st through August 16th**

The Mako Swim Club is the YMCA of Martha's Vineyard's competitive swim club for boys and girls ages 6-18. Swimming with the Club will offer vigorous work-outs based on high energy, technique-focused swims on personalized challenging intervals. The Mako team is broken into different work-out groups, each designed for the advancement of each swimmer. All work-out groups practice at the same times each day and will be separated by the coach. See skill level descriptions on website for minimum participation requirements.

**Join the Makos for our full summer session or just for the week!**

**Days/Times: Mondays and Wednesdays 4:00-5:15pm  
Tuesdays and Thursdays 7:00-8:15am**

Mako* full 7 wk session		Summer Participant full 7 wk session		Weekly		Daily	
Member	Public	Member	Public	Member	Public	Member	Public
\$125	\$205	\$170	\$230	\$35	\$75	\$10	\$30

\*Is a year round member of the Mako Swim

To register please contact Member Services at 508-696-7171 ext. 0 or [frontdesk@ymcamv.org](mailto:frontdesk@ymcamv.org)

## YMCA of MARTHA'S VINEYARD

111R Edgartown Vineyard Haven Rd. (508) 696 7171 [www.ymcamv.org](http://www.ymcamv.org)