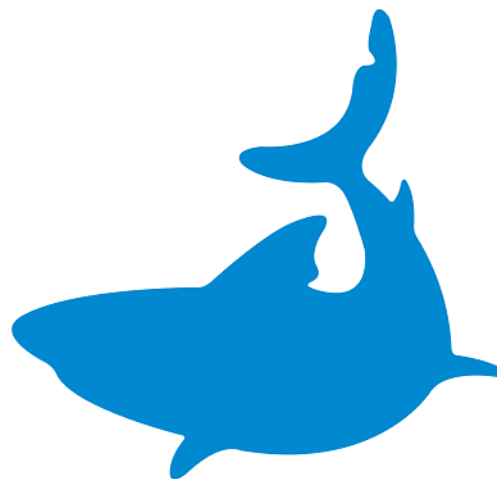




FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER WITH THE MAKOS



Summer Session Dates: June 28th through August 19th

The Mako Swim Club is the YMCA of Martha's Vineyards 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 swim participation requirements.

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

**PRACTICE DAYS/TIME: Mondays and Wednesdays 4:00-5:15pm
Tuesdays and Thursdays 7:00-8:00am**

Full 8 weeks session		Weekly	
Member	Public	Member	Public
\$384	\$512	\$56	\$76

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

YMCA of MARTHA'S VINEYARD
111R Edgartown Vineyard Haven Rd.
www.ymcamv.org/competitiveswim

Makos Swim Team Skill Level Descriptions

*Bronze:

Swimmers must be able to swim backstroke, breaststroke, freestyle and some butterfly

4x50yards freestyle on an interval of 1:30 per 50 yards

3x100yards in IM order (no time limit but must finish)

We will work on learning the butterfly and breaststroke. Perfecting streamline and the efficiency of their backstroke and freestyle. We will work on starts and flip turns as well.

Silver:

Swimmers must be able to swim all 4 strokes.

4x50 freestyle on a 1:00 interval

4x100 IM order on a 2:15-2:30 interval

4x100 freestyle a 2:00 interval

We will learn pull-out turns for breaststroke. Also, work on perfecting all 4 strokes, starts and flip-turns

Gold:

Swimmers must be confident to swim all 4 strokes.

4x50 freestyle on :50 interval

4x100 IM order on 1:45 to 2:00

8 to 10 100yard freestyle test on 1:30-1:40

We will work on the efficiency and perfection of all 4 strokes, starts, and turns.

*swimmers must be able to complete at least the Bronze level description to practices with the Makos. If more instruction is needed please sign up for our group swim lessons to help them improve. If you have any questions please contact Denise the Aquatics Coordinator at Denise@ymcamv.org or 508-696-7171 ext 129

***times are in minutes. 1:30 is equal to 1 minute and 30 seconds*