



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM WITH THE SHARKS!



SUMMER WITH THE MAKOS

REGISTRATION DATES

MEMBERS JUNE 6TH, PUBLIC JUNE 10TH

Session Dates: June 27th through August 17th

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! You can pick to swim one day or 3 days week.

**Days/Times: Bronze/Silver Team practice Mondays, Wednesdays and Fridays 4:00-5:00pm
Gold Team Monday, Wednesday and Friday 5:00pm-6:00pm**

Prices:

Members \$19 per practice

Public \$24 per practice

Full 8 Weeks 3 days a week for Members:\$345 Public \$460

No practices 7/4 and 8/19

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. (508) 696 7171 www.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 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*

Practice will run Monday, Tuesday Wednesday and Friday unless other wise noted

October 25th to the 29th no practice

November 22 to 26th No practice

Winter Session will start 11/29 and run until February 19th

No practice December 20th to January 4th

No practice February 22nd to the 26th

Spring session March to June 10th

No practice April 18th to the 22rd

No practice Memorial day 5/30

No practice 8/19