



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM WITH THE MAKOS THIS WINTER!!

WINTER 2022-2023 SEASON!

REGISTRATION DATES: Starting November 14th and rolling throughout the season.

Winter Season Dates: November 28th-February 24th

The Mako Swim Club is the YMCA of Martha's Vineyard's 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 for minimum participation requirements.

Days: Monday, Tuesday, Wednesday, and/or Friday

Times: -GOLD (advanced) combined with MVRHS varsity practice 3:15-4:45pm (90 minutes)

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

Fees: Members: \$12/practice/week Public: \$17/practice/week

Mondays- (8 practices) Members: \$96 Public: \$136

Tuesdays, Wednesdays, and/or Fridays- (10 practices) Members: \$120 Public: \$170

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

Members: \$418 (\$11/per practice)

Public: \$608 (\$16 per practice)

NO PRACTICE:

-12/19- 1/6 Winter Vacation (restart Monday 1/9)

-Monday 1/16 MLK Day

-Monday 1/20 Presidents Day

Register online or at the front desk (508-696-7171ext. 0 frontdesk@ymcamv.org) from 11/14- 12/5.

Starting 12/6 you must contact jenp@ymcamv.org to register.

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 breast-stroke, 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 (5th and 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/or Friday. Swimmers may choose 1-4 days.

Winter Season: 10 practice weeks from November 28th, 2022 – February 24th, 2023.

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-Monday 1/20 Presidents Day