Swim Lessons
SPRING I Session: March 2nd– April 18th
Registration Opens: Member February 10th
General Public February 14th

SWIM STARTERS (parent/child lessons, ratio 1:10)
For children ages 6 months - 3 years
Fee: Member $67; Public $105

A WATER DISCOVERY Introduces infants & toddlers to the aquatic environment through exploration & encourages them to enjoy while learning about the water.
Saturday 9:00-9:30am

B WATER EXPLORATION Parents work with their children to explore body positions, floating, blowing bubbles, & fundamental safety & aquatic skills.
Saturday 9:30-10:00am

PRE-SCHOOL (ratio 1:5, unless noted)
30 minute class; ages 3-6
Fee: Member $67; Public $105

1 WATER ACCLIMATATION Students develop comfort with underwater exploration. Lays the foundation that allows for student’s future progress.
Mon 4:30-5:00pm Tues 4:30-5:00pm, 5:05-5:35
Wed 4:30-5:00pm Thurs 5:05-5:35pm
Sat 10:00-10:30am

2 WATER MOVEMENT Focus on body position & control, directional change & forward movement while also continuing water safety education.
Mon 5:05-5:35pm
Tues 4:30-5:00pm, 5:05-5:35pm
Wed 4:30-5:00pm Thurs 5:05-5:35pm

3 WATER STAMINA Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.
Tues 5:20-5:50pm
Wed 5:20-5:50pm Thurs 4:30-5:00pm

4 STROKE INTRODUCTION (ratio 1:6)
Level suitable for swimmers up to age 6.
Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick.
Wed 4:30-5:00pm Thurs 5:05-5:35pm

SCHOOL AGE
45 minute class; ages 5-12
Fee: Member $77; Public $124

2/3 WATER MOVEMENT & STAMINA (ratio 1:7) Focus on body position & control, directional change & forward movement while also continuing water safety education. Learn how to swim safely for a long distance. Introduces rhythmic breathing & integrated arm and leg action.
Mon 5:40-6:25pm Tues 5:40-6:25pm
Wed 4:30-5:15pm Thurs 5:40-6:25pm

4 STROKE INTRODUCTION (ratio 1:7)
Develop stroke technique in front & back crawl & learn breaststroke & butterfly kick. Water safety is reinforced through treading water & elementary backstroke.
Mon 5:05-5:50pm Tues 4:30-5:15pm
Wed 5:05-5:50pm Thurs 5:20-6:05pm
NEW: Sat 10:30-11:15am

5 STROKE DEVELOPMENT (ratio 1:8)
Work on stroke technique & learn all major competitive strokes. The emphasis on water safety continues through treading water & sidestroke.
Mon 5:55-6:40pm Thurs 4:30-5:15pm

6 STROKE MECHANICS (ratio 1:9)
Refine stroke technique on all major competitive strokes, learn about competitive swimming & discover how to incorporate swimming into a healthy lifestyle.
Wed 5:55-6:40pm

YMCA of MARTHA’S VINEYARD
111R Edgartown Vineyard Haven Rd.
(508) 696 7171 ext. 0 www.ymcamv.org
To register call or visit Member Services
COMPETITIVE SWIM

Makos JR

Mondays 4:00-5:00pm or Wednesday 5:30-6:30
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. Runs on the same schedule as Swim Team.
Runs 9/15 to 3/23  SPRING SESSION April 6th – June 19th
Fee: Member $55; General Public $90 per month

Mako Swim Team

Competitive Swim Season continues through March 22nd
Spring Swim Season will run April 6th – June 19th
Enrollment is ongoing
Open to Swimmers ages 6-18
The Y’s year-round competitive swim club for all youth.
The team is coached by Rainy Goodale and offers vigorous work-outs based on high energy, technique focused swims on personalized challenging intervals. The team is part of the South Eastern Massachusetts Swimming League and includes the option to compete in USA Swimming Meets. The Makos are broken into three different work-out groups, Bronze, Silver, and Gold, designed for the advancement of each swimmer. See website for level descriptions and minimum requirements.

Practices run Monday– Friday 4:15-5:30pm.
Swimmers can chose to swim two to five times a week, which ever days work best for your schedule!
Please see our website for registration forms and pricing ymcamv.org/competitive-swim

Any questions or to start practices please contact our Competitive Swim Coach Rainy at Rainy@ymcamv.org or Aquatics Coordinator Denise McCann at denise@ymcamv.org

PRIVATE SWIM LESSONS
Contact: Denise McCann Aquatics Coordinator at denise@ymcamv.org or x 129
By appointment only, subject to instructor availability (please allow 5 days for scheduling)

One-on-One 40 min
1 lesson: Member $60; Public $70
5 lessons: Member $250 Public $325
10 lessons: Member $450; Public $600

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