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# 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 stokes.

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 stokes, starts and flip-turns

### Gold:

Swimmers must be confident to swim all 4 stokes.

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 stokes, 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](mailto:Denise@ymcamv.org) or 508-696-7171 ext 129

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

#### **YMCA OF MARTHA'S VINEYARD**

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