



# COMPETITIVE SWIM

## Mako Swim Team

Enrollment is ongoing

**Winter Session runs November 29th to February 26th**

(See website for practices dates and off days)

**Open to Swimmers ages 6-18**

The Y's year-round competitive swim club for all youth.

The Makos team 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 times:

**Monday, Tuesday, Wednesday and Friday 4:00 -5:30pm.**

**Gold Practices:** (for advanced swimmers, speak with a coach)

Swimmers can choose to swim up to 3 times a week. Pick which ever days work best for your schedule! *See practice schedule and prices on website.*

Any questions or to start practices please contact our Competitive Swim Coach Jen Passafiume [jen@j2sportsperformance.com](mailto:jen@j2sportsperformance.com) or Aquatics Director Denise Wilson at [denise@ymcamv.org](mailto:denise@ymcamv.org)

*\*\*Due to MVRHS Swim Team practices we will not be running a GOLD level practices for the Winter Session\*\**

## PRIVATE SWIM LESSONS

**Contact:** Denise, Aquatics Director at [denise@ymcamv.org](mailto:denise@ymcamv.org) or x 129

*By appointment only, subject to instructor availability.*

**Currently running a wait list.**

**One-on-One 40 min**

1 lesson: Member \$60; Public \$70

5 lessons: Member \$250 Public \$325

10 lessons: Member \$450; Public \$600

**Semi-Private Lesson (two swim participants) – prices reflect price per participant**

One Lesson Fee: \$40 for Members / \$55 for Non-Members

Five Lesson Package Fee: \$175 for Members / \$250 for Non-Members

Ten Lesson Package Fee: \$300 for Members / \$450 for Non-Members



**YMCA of MARTHA'S VINEYARD**

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