



# COMPETITIVE SWIM



## Makos JR (formerly Bonitos)

**Mondays 4:15-5:00pm or Thursdays 5:40-6:25pm**

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 Swimming Lessons, Winter Session is 1/7-2/23.

**Fee:** Member \$50; General Public \$85 for 7 weeks.

## Mako Swim Team

**Competitive Swim Season continues through March 22nd**

**Spring Swim Season will run April - June**

**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!**

**Fees listed below are based on the number of days per week your swimmer participates. Fees listed as member/general public for one month (4 weeks) of swim team.**

Two days per week \$32.50/\$100

Four days per week \$47.50/\$130

Three days per week \$40/\$115

Five days per week \$55/\$145

**Any questions or to start practices please contact our Competitive Swim Coach Rainy at [Rainy@ymcamv.org](mailto:Rainy@ymcamv.org) or Aquatics Coordinator Denise McCann at [denise@ymcamv.org](mailto:denise@ymcamv.org)**

## PRIVATE SWIM LESSONS

**Contact:** Denise McCann Aquatics Coordinator at [denise@ymcamv.org](mailto: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 \$50; Public \$65

5 lessons: Member \$225; Public \$300

10 lessons: Member \$400; Public \$550



**YMCA of MARTHA'S VINEYARD**  
111R Edgartown Vineyard Haven Rd.  
(508) 696 7171 [www.ymcamv.org](http://www.ymcamv.org)