



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SWIM WITH THE MAKOS WINTER 2026!



**WINTER REGISTRATION: Opens Monday, December 15<sup>th</sup> and rolls throughout the session.**  
**Contact Coach Jen for prorated session fees if joining after the first week.**

**WINTER 2026 SESSION DATES: January 5<sup>th</sup>– February 22<sup>st</sup>, 2026**

Mondays: 5 weeks, Tuesday & Thursdays: 7 weeks, Wednesdays: 6 weeks

**No Practice Wednesday January 11<sup>th</sup> – Home MVRHS Swim Meet 3pm- COME CHEER! GOOOO MVRHS!!**

**No Practice Monday, January 19<sup>th</sup> MLK day or Monday, February 16<sup>th</sup> Presidents Day**

The Y's year-round competitive swim club for all youth 6-18. The MAKOS team offers vigorous, high-energy workouts, and technique-focused swim instruction with personalized and challenging intervals. The MAKOS are broken into 3 different levels and 2 different work-out groups, Bronze, Silver, and Gold. There will be some off-island competition opportunities with the Cape Cod FireFish throughout the year, as well as some fun mock meets at home! See level descriptions for the minimum requirements.

### Practice Days:

**Monday, Tuesday, Wednesday, and Thursday**

### Practice Times:

**MAKOS Gold (Advanced swimmers) (+ MVRHS Varsity Practice 2): 3:30-5:00pm (1.5 hours)**

**MAKOS Bronze/Silver (beginner/intermediate): 5:00-6:00pm (1 hour)**

Swimmers can choose to swim 1-4 practice times a week, but at least 2 are strongly encouraged.

### Whole season fees:

Breakdown: \$20 per practice for members and \$25 per practice for the general public.

**Mondays (5 practices) \$100 Members / \$125 General Public**

**Tuesdays and/or Thursdays (7 practices each) \$140 members / \$175 general public**

**Wednesdays (6 practices) \$120 Members / \$150 General Public**

**All 4 days a week (25 practices total) \$500 Members / \$625 for General Public**

**\*Financial Assistance is available! Please check the website or front desk for information.**

Register online or at the front desk (508-696-7171ext. 0 or [frontdesk@ymcamv.org](mailto:frontdesk@ymcamv.org))

<https://www.ymcamv.org/competitive-swim>

Contact Aquatics Director Jen Passafiume at [jenp@ymcamv.org](mailto:jenp@ymcamv.org) with any questions.

## Makos Swim Team

### Skill Level Descriptions

#### Bronze: Minimum age 6

Swimmers should be able to swim 25 yards of backstroke and freestyle, and some basic breaststroke and butterfly.

Example workout set: 4 x 25 freestyle rest :30-1:00 between each

We will work on learning the breaststroke and 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 breaststroke, as well as 100 yards of freestyle.

Example workout set: 4 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

(Younger/advanced swimmers with permission by coach Jen)

Swimmers should be comfortable with all four competitive strokes. Example workout set: 10 x 50 freestyle on :50/1:00/1:15 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](mailto:Jenp@ymcamv.org), 508- 696-7171 ext. 129 with any questions.