

SWIM GUIDE

2022 YEAR-ROUND



SPRING | APRIL 11-MAY 29

SUMMER 1 | MAY 30-JULY 17

SUMMER 2 | JULY 18-SEPTEMBER 4

FALL 1 | SEPTEMBER 12-OCTOBER 30

FALL 2 | OCTOBER 31-DECEMBER 18

.....
YMCA OF DANE COUNTY





LUSSIER FAMILY EAST YMCA

Robin Berg
 rberg@ymcadane.org
 711 Cottage Grove Road
 Madison, WI 53716



SUN PRAIRIE YMCA

Natalie Bach
 nbach@ymcadane.org
 1470 Don Simon Drive
 Sun Prairie, WI 53590



LUSSIER FAMILY WEST YMCA

Becky Whiting
 bwhiting@ymcadane.org
 5515 Medical Circle
 Madison, WI 53719

YOUTH BUILDING ACCESS GUIDELINES

Ages	6 weeks-6 years	7 years	8-9 years	10 years	11-12 years	13-15 years	16 years	17 years	18 years
General Facility	Accompanied by parent/guardian			Permitted without supervision					
Fitness Center	Not allowed			Must complete orientation			No limitations		
Group Exercise	Not allowed					Yes, except BODYPUMP	Permitted without supervision		
Gym	Accompanied by parent/guardian			Permitted without supervision					
Pool	Accompanied by parent/guardian			Need to pass deep water test to be in the deep end					
Pool PASS Deep Water Test	Parent in water	Parent on deck		Access to entire pool					
Pool FAIL Deep Water Test	Parent in water	See below		Limited to shallow end of the pool					

Here's what we're doing to make swim lessons **SAFE FOR ALL:**

- CDC guidance stipulates that the new coronavirus cannot spread via properly chlorinated and maintained pool water. All of our pools meet or exceed CDC health standards.
- A parent/caregiver (age 18+) needs to be in the water with children in Water Exploration/Water Discovery and Preschool Level 1 & 2.
- If not feeling well, PLEASE do not come to lessons.
- Very limited seating, spaced at least six feet apart, will be available on the pool deck.
- Swimmers are encouraged to arrive wearing swimsuits and ready to swim so that they can bypass the locker room however locker rooms are open.
- Anyone who is NOT vaccinated is encouraged to wear a mask. Masks should be removed while swimming.



Sun Prairie Kiddie Pool

See available times online

Open Swim Times can be
found at ymcadane.org

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* • CHILD:
STAGES A–B



3–5 years
PRESCHOOL:
STAGES 1–4



5–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN • ADULT:
STAGES 1–6

All age groups learn the same skills but are divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

HAVE MORE QUESTIONS?

LUSSIER FAMILY EAST YMCA

Robin Berg | rberg@ymcadane.org

SUN PRAIRIE YMCA

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LUSSIER FAMILY WEST YMCA

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STAGE DESCRIPTIONS

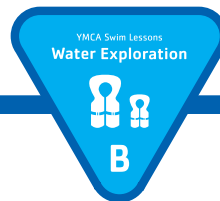
SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM BASICS

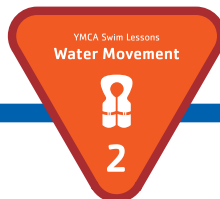
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

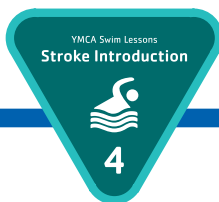


3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.



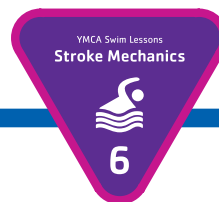
4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

SPRING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30–10:00 am		Water Discovery Water Exploration		
10:05–10:35 am		Preschool 1 • 2		
10:40–11:10 am		Preschool 3 • 4		
4:00–4:30 pm	Preschool 1 • 2			
4:00–4:45 pm			Youth 1 • 2 • 3	
4:00–5:00 pm		Swim Team Prep–Beginner		Swim Team Prep–Beginner
4:35–5:20 pm	Youth 1 • 2 • 3			
4:50–5:20 pm			Preschool 1 • 2 • 3	
5:00–6:00 pm		Swim Team Prep– Intermediate/Advanced		Swim Team Prep– Intermediate/Advanced
5:25–5:55 pm	Preschool 1 • 2 • 3 • 4		Water Discovery Water Exploration Preschool 1	
6:00–6:45 pm	Youth 3 • 4		Youth 3 • 4	
6:50–7:35 pm	Adult/Teen–Beginner Youth 5 • 6		Adult/Intermediate/ Advanced Youth 5 • 6	

SPRING: Members Register March 14 | Non-Members Register March 28



PRIVATE & SEMI PRIVATE SWIM LESSONS

Private swim lessons focus on a goal or goals for the individual swimmer. Offered at all branches. Contact the Aquatics Director at your branch for more information or to schedule private lessons.

Lussier Family East YMCA

Robin Berg | rberg@ymcadane.org

Sun Prairie YMCA

Natalie Bach | nbach@ymcadane.org

Lussier Family West YMCA and Sun Prairie YMCA

Becky Whiting | bwhiting@ymcadane.org

Summer 1 | May 30-July 17
 Summer 2 | July 18-September 4
 Program Price: \$104 | Discounted Member Price: \$52

SUMMER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30-10:00 am		Water Discovery Water Exploration		
10:05-10:35 am		Preschool 1 • 2		
10:40-11:10 am		Preschool 3 • 4		
4:00-4:30 pm	Preschool 1 • 2			
4:00-4:45 pm			Youth 1 • 2 • 3	
4:00-5:00 pm		Swim Team Prep-Beginner		Swim Team Prep-Beginner
4:35-5:20 pm	Youth 1 • 2 • 3			
4:50-5:20 pm			Preschool 1 • 2 • 3	
5:00-6:00 pm		Swim Team Prep- Intermediate/Advanced		Swim Team Prep- Intermediate/Advanced
5:25-5:55 pm	Preschool 1 • 2 • 3 • 4		Water Discovery Water Exploration Preschool 1	
6:00-6:45 pm	Youth 3 • 4		Youth 3 • 4	
6:50-7:35 pm	Adult/Teen-Beginner Youth 5 • 6		Adult/Intermediate/ Advanced Youth 5 • 6	

SUMMER 1: Members Register May 2 | Non-Members Register May 16
 SUMMER 2: Members Register May 2 | Non-Members Register July 4

We want you on our team!

- Full & Part-Time
- Excellent Wages & Benefits
- Signing Bonus & Referral Bonus
- Flexible Schedules
- Health Insurance / Paid Days Off
- No Experience Necessary / Paid Training



A
 BETTER
 US
 STARTS WITH U



Scan the code to see
 current opportunities



FALL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30–10:00 am		Water Discovery Water Exploration		
10:05–10:35 am		Preschool 1 • 2		
10:40–11:10 am		Preschool 3 • 4		
4:00–4:30 pm	Preschool 1 • 2			
4:00–4:45 pm			Youth 1 • 2 • 3	
4:00–5:00 pm		Swim Team Prep–Beginner		Swim Team Prep–Beginner
4:35–5:20 pm	Youth 1 • 2 • 3			
4:50–5:20 pm			Preschool 1 • 2 • 3	
5:00–6:00 pm		Swim Team Prep– Intermediate/Advanced		Swim Team Prep– Intermediate/Advanced
5:25–5:55 pm	Preschool 1 • 2 • 3 • 4		Water Discovery Water Exploration Preschool 1	
6:00–6:45 pm	Youth 3 • 4		Youth 3 • 4	
6:50–7:35 pm	Adult/Teen–Beginner Youth 5 • 6		Adult/Intermediate/ Advanced Youth 5 • 6	

FALL 1: Members Register August 8 | Non-Members Register August 29

FALL 2: Members Register August 8 | Non-Members Register October 17

Spring | April 11–May 29

Program Price: \$104 | Discounted Member Price: \$52

SPRING	MONDAY	TUESDAY	THURSDAY	SATURDAY
9:00–9:45 am				Youth 4 • 5 • 6
9:15–9:45 am			Preschool 1 • 2	
9:45–10:15 am			Water Discovery	
9:50–10:35 am				Youth 1 • 2 • 3
10:40–11:10 am				Preschool 1 • 2 • 3
6:00–6:30 pm		Preschool 1 • 2 • 3 • 4	Water Discovery Preschool 1 • 2 • 3 • 4	
6:30–7:15 pm		Youth 2 • 3 • 4 • 5 • 6	Youth 1 • 2 • 3 • 4 • 5 • 6	
6:30–7:00 pm	Water Discovery Preschool 1 • 2 • 3			
7:05–7:50 pm	Youth 1 • 2 • 3 • 4 • 5 • 6			
7:15–8:30 pm		Masters	Masters	

SPRING: Members Register March 14 | Non-Members Register March 28

Summer 1 | May 30–July 17

No lessons May 30 or July 4

Summer 2 | July 18–September 4

Program Price: \$104 | Discounted Member Price: \$52

SUMMER	MONDAY	TUESDAY	THURSDAY	SATURDAY
9:00–9:45 am				Youth 4 • 5 • 6
9:15–9:45 am			Preschool 1 • 2	
9:45–10:15 am			Water Discovery	
9:50–10:35 am				Youth 1 • 2 • 3
10:40–11:10 am				Preschool 1 • 2 • 3
6:00–6:30 pm		Preschool 1 • 2 • 3 • 4	Water Discovery Preschool 1 • 2 • 3 • 4	
6:30–7:15 pm		Youth 2 • 3 • 4 • 5 • 6	Youth 1 • 2 • 3 • 4 • 5 • 6	
6:30–7:00 pm	Water Discovery Preschool 1 • 2 • 3			
7:05–7:50 pm	Youth 1 • 2 • 3 • 4 • 5 • 6			
7:15–8:30 pm		Masters	Masters	

SUMMER 1: Members Register May 2 | Non-Members Register May 16

SUMMER 2: Members Register May 2 | Non-Members Register July 4

Prices are subject to change.

FALL	MONDAY	TUESDAY	THURSDAY	SATURDAY
9:00–9:45 am				Youth 4 • 5 • 6
9:15–9:45 am			Preschool 1 • 2	
9:45–10:15 am			Water Discovery	
9:50–10:35 am				Youth 1 • 2 • 3
10:40–11:10 am				Preschool 1 • 2 • 3
6:00–6:30 pm		Preschool 1 • 2 • 3 • 4	Water Discovery Preschool 1 • 2 • 3 • 4	
6:30–7:15 pm		Youth 2 • 3 • 4 • 5 • 6	Youth 1 • 2 • 3 • 4 • 5 • 6	
6:30–7:00 pm	Water Discovery Preschool 1 • 2 • 3			
7:05–7:50 pm	Youth 1 • 2 • 3 • 4 • 5 • 6			
7:15–8:30 pm		Masters	Masters	

FALL 1: Members Register August 8 | Non-Members Register August 29

FALL 2: Members Register August 8 | Non-Members Register October 17

BE A LEADER. BE A LIFEGUARD.

LIFEGUARD TRAINING/CPR/FIRST AID

American Red Cross training includes: CPR/AED/First Aid/Lifeguard

Prerequisite: Minimum age of 15. Must be able to swim 300 yards continuously.

PLEASE include a current email address when registering.

Participants must attend all class dates listed for that course, no make up classes are offered.

East

April 29 4:30–8:30 pm
 April 30 9:00 am–5:00 pm
 May 1 8:00 am–4:00 pm

June 13 9:00 am–5:00 pm
 June 14 9:00 am–5:00 pm
 June 15 9:00 am–3:00 pm

West

April 8 6:00–9:00 pm
 April 9 9:00 am–3:00 pm
 April 10 8:00 am–1:00 pm

Program Price \$300

See website for more details. www.ymcadane.org/lifeguarding

FREE CERTIFICATION
 Get certified, join our team
 and the class is FREE

LIFEGUARD TRAINING REVIEW

American Red Cross training includes: CPR/AED/First Aid/Lifeguard. Prerequisite: Minimum age of 15. Must be able to swim 300 yards continuously. PLEASE include a current email address when registering. Participants must attend all class dates listed for that course, no make up classes are offered.

East

April 2 8:00 am–2:00 pm
 April 3 8:00 am–12:00 pm

West

May 6 6:00–9:00 pm
 May 7 9:00 am–3:00 pm

Program Price \$150

See website for more details. www.ymcadane.org/lifeguarding

MASTERS

East

Spring: April 11–May 29
Summer: May 20–July 17
Fall 1: September 12–October 30
Fall 2: October 31–December 8

TU/TH 7:15–8:30 pm

See website for more information. www.ymcadane.org.

Program Price \$150

Discounted Member Price \$40

Spring | April 11-May 29
 No lessons Sunday, April 17

Program Price: \$104 | Discounted Member Price: \$52

LUSSIER FAMILY WEST YMCA

SPRING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
8:00-8:45 am					Teen/Adult-Beg	
8:45-9:30 am					Teen/Adult-Inter/Adv	
9:30-10:00 am	Water Discovery Water Exploration		Preschool 1			
9:30-10:15 am					Swim Team Prep Beg	
10:05-10:35 am	Preschool 1		Preschool 2			
10:15-11:00 am					Swim Team Prep Inter/Adv	
10:40-11:10 am	Preschool 2		Preschool 3 • 4			
11:05-11:35 am					Preschool 1	
11:05-11:50 am					Youth 1 • 2	
11:40 am-12:10 pm					Preschool 2	
2:05-2:50 pm						Youth 1 • 2 • 3
2:15-2:45 pm						Preschool 1
2:50-3:20 pm						Preschool 2
2:55-3:40 pm						Youth 2 • 3 • 4
3:25-3:55 pm						Preschool 3 • 4
3:45-4:30 pm						Youth 3 • 4 • 5 • 6
4:00-4:30 pm						Water Discovery Water Exploration
6:30-7:00 pm		Water Discovery Water Exploration Preschool 1 • 2 • 3 • 4		Preschool 1 • 2 • 3 • 4		
7:05-7:50 pm		Youth 1 • 2 Adult-Beginner Adult-Inter/Adv		Youth 3 • 4 • 5 • 6		

SPRING: Members Register March 14 | Non-Members Register March 28

SUMMER	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
8:00-8:45 am				Teen/Adult-Beg	
8:45-9:30 am				Teen/Adult-Inter/Adv	
9:30-10:00 am		Water Discovery Water Exploration			
9:30-10:15 am				Swim Team Prep Beg	
9:45-10:30 am					Youth 1 • 2 • 3
10:00-10:30 am					Preschool 1
10:05-10:35 am		Preschool 1			
10:15-11:00 am				Swim Team Prep Inter/Adv	
10:30-11:00 am					Preschool 2
10:30-11:15 am					Youth 2 • 3 • 4
10:40-11:10 am		Preschool 2			
11:00-11:30 am					Preschool 3 • 4
11:05-11:35 am				Preschool 1	
11:05-11:50 am				Youth 1 • 2	
11:15-11:45 am		Preschool 3 • 4			
11:15 am-12:00 pm					Youth 3 • 4 • 5 • 6
11:30 am-12:00 pm					Water Discovery Water Exploration
11:40-12:10 pm				Preschool 2	
6:30-7:00 pm	Water Discovery Water Exploration Preschool 1 • 2 • 3 • 4		Preschool 1 • 2 • 3 • 4		
7:05-7:50 pm	Youth 1 • 2 Teen/Adult-Beg Teen/Adult-Inter/Adv		Youth 3 • 4 • 5 • 6		

SUMMER 1: Members Register May 2 | Non-Members Register May 16

SUMMER 2: Members Register May 2 | Non-Members Register July 4

Fall 1 | September 12-October 30

Fall 2 | October 31-December 18

No lessons November 24

Program Price: \$104 | Discounted Member Price: \$52

LUSSIER FAMILY WEST YMCA

FALL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
8:00-8:45 am					Teen/Adult-Beg	
8:45-9:30 am					Teen/Adult-Inter/Adv	
9:30-10:00 am	Water Discovery		Preschool 1			
9:30-10:15 am					Swim Team Prep Beg	
10:05-10:35 am	Water Exploration		Preschool 2			
10:15-11:00 am					Swim Team Prep Inter/Adv	
10:40-11:10 am	Preschool 1		Preschool 3 • 4			
11:05-11:35 am					Preschool 1	
11:05-11:50 am					Youth 1 • 2 • 3	
11:15-11:45 am	Preschool 2					
11:40 am-12:10 pm					Preschool 2	
2:05-2:50 pm						Youth 1 • 2 • 3
2:15-2:45 pm						Preschool 1
2:50-3:20 pm						Preschool 2
2:55-3:40 pm						Youth 2 • 3 • 4
3:25-3:55 pm						Preschool 3 • 4
3:45-4:30 pm						Youth 3 • 4 • 5 • 6
4:00-4:30 pm						Water Discovery Water Exploration
6:30-7:00 pm		Water Discovery Preschool 1 • 2 • 3 • 4		Water Exploration Preschool 1 • 2 • 3 • 4		
7:05-7:50 pm		Youth 1 • 2 Adult-Beginner Adult-Inter/Adv		Youth 3 • 4 • 5 • 6		

FALL 1: Members Register August 8 | Non-Members Register August 29

FALL 2: Members Register August 8 | Non-Members Register October 17

SWIM TEAM PREP

For swimmers six and older who would like to develop their strokes and build endurance at a faster pace than they would in swim lessons, but not have to commit to a 7 month swim team season and swim meets. Participants must be able to swim 25 yards without stopping and have a basic knowledge of front crawl, back crawl, breaststroke and butterfly. Focuses on all aspects of competitive swimming including stroke work, starts and turns.

- Spring: April 11-May 29**
- Summer 1: May 30-July 17**
- Summer 2: July 18-September 4**
- Fall 1: September 12-October 30**
- Fall 2: October 31-December 18**

BEGINNER

Sun Prairie

TU/TH	4:00-5:00 pm	
Program Price		\$250
Discounted Member Price		\$125

West

SA	9:30-10:15 am	
Program Price		\$104
Discounted Member Price		\$52

INTERMEDIATE/ADVANCED

For swimmers six and older who would like to develop their strokes and build endurance at a faster pace than they would in swim lessons, but not have to commit to a 7 month swim team season and swim meets. This group is geared toward swimmers that can already swim all four competitive strokes. Participants must be able to swim 100 yards without stopping in backstroke and front crawl. In addition they must also be able to swim 50 yards of breaststroke and butterfly. Focus will be put on all aspects of competitive swimming including stroke work, starts and turns

Sun Prairie

TU/TH	5:00-6:00 pm	
Program Price		\$250
Discounted Member Price		\$125

West

SA	10:15-11:00 am	
Program Price		\$104
Discounted Member Price		\$52

**YDC SPRING STROKE CLINIC/SPRING SEASON SWIM TEAM
April 18-May 27**

Get ready for summer swimming!

Practices will focus on stroke technique and endurance training. If unsure about what group your child would fit best in, please reach out to your respective branch coach.

You do NOT have to be a YMCA member to participate.

GROUP 1-WHITE/RED

Designed for the new and novice swimmers to swim team. This group is for kids who have had two years or less experience on a competitive swim team. Must be able to complete a length of the pool without stopping and have knowledge of all 4 strokes. Typically age 10 yrs old and under.

East

M/TH	4:30-5:15 pm	
Program Price		\$90
Discounted Member Price		\$60

West

M/W/F	4:15-5:15 pm	
Program Price		\$170
Discounted Member Price		\$113

GROUP 2-BLUE/BRONZE

Designed for intermediate swimmer. This group is for kids who have 2 or more years of swim team experience. Must be able to swim a 200 continuous yards of freestyle and perform at least a 50 of all competitive strokes as well as starts and turns. Typically ages ranging from 8-13 year olds.

East-Blue

T/W/F	4:30-5:15 pm	
Program Price		\$130
Discounted Member Price		\$90

East-Bronze

M	5:15-6:15 pm	
W/TH	5:15-6:00 pm	
Program Price		\$145
Discounted Member Price		\$100

West-Blue/Bronze

M/W	5:15-6:15 pm	
TU/TH	5:00-6:30 pm	
Program Price		\$205
Discounted Member Price		\$135

GROUP 3-SILVER/GOLD

Designed for the advanced swimmer. This group is for kids who have 3 or more years of experience swimming competitively. They must be able to swim a 500 freestyle continuously and a 100 of all competitive strokes as well as starts and turns. Typically age 11yrs old and older.

East-Silver/Gold

M	6:30-7:15 pm [Dryland]	
TU	5:00-6:00 pm	
W	6:00-7:15 pm	
F	5:15-6:30 pm	
Program Price		\$180
Discounted Member Price		\$120

West-Silver/Gold

M/W	7:15-9:00 pm	
TU/TH	7:30-9:00 pm	
F	5:15-6:30 pm	
Program Price		\$237
Discounted Member Price		\$158

YDC SUMMER SWIM TEAM

June 6-July 24

Swimmers must be able to perform all four competitive strokes and have the endurance to train for 1.5 hours. Swimmers must be YMCA members.

GROUP 1 (WHITE)

This group is for the younger swimmer with no swim team experience. This level is designed to introduce competitive swimming. The focus of this group is to develop the proper mechanics of the four competitive strokes along with starts and turns. Swimmer needs to be able to swim at least 1 length of the pool without stopping. Must have a YMCA Membership.

M/W	4:30-5:15 pm	
Discounted Member Price		\$65

GROUP 2 (RED/BLUE)

This group is for kids who have had experience on a competitive swim team. Must be able to complete two lengths of the pool without stopping and have knowledge of all 4 strokes. Must have a YMCA Membership..

M/TU/TH	4:30-5:30 pm	
Discounted Member Price		\$95

GROUP 3 (BRONZE/SILVER/GOLD)

Designed for the advanced swimmer. This group is for kids who have 3 or more years of experience swimming competitively. They must be able to swim a 500 freestyle continuously and a 100 of all competitive strokes as well as starts and turns. Must have a YMCA Membership.

M-TH	4:30-6:00 pm	
Discounted Member Price		\$147

www.ymcadane.org/swim-team

SWIM TEAM TRIAL WEEK

East | September 6-9

West | August 1-4

This is for new Swim Team participants so that coaches can pick the appropriate practice group. If you were on YDC last year, you do not need to attend. Talk with your coaches if you are not sure which group to sign up for!

See website for specific days, times and fees.

www.ymcadane.org/swim-team

FALL/WINTER 2022-2023 YDC SWIM TEAM

Season will run from September 12, 2022-Mid March 2023
(7 months)

- Registration opens on Monday, August 8
- \$65 registration fee is due at the time of registration; Online registration ONLY
- Fees are automatically deducted from a Credit Card/Bank Account on the first of each month September through March
- All swimmers must be YMCA members
- Financial Assistance is available. Contact the Aquatic Director for more information.

For more information and to register visit

www.ymcadane.org/swim-team

The YDC coaching staff believes in proper development of its swimmers and wants to see them develop at a rate that will promote longevity in their participation on the team and in the sport of swimming. Staff will determine which practice group is the best match for each swimmer. Swim team members are expected to participate in at least one meet a month. Parents are expected to volunteer at YDC hosted meets.

See website for specific days, times and fees.
www.ymcadane.org/swim-team

WHITE

The focus of this group is to develop the proper mechanics for the four competitive strokes along with starts and turns. Swimmers need to be able to swim at least one length of the pool without stopping.

RED

Group continues to focus on learning and perfecting strokes, turns and starts and will also work on becoming comfortable with competition and racing. Participants must be able to swim 200 continuous freestyle yards and at least 25-50 yards of all competitive strokes including starts and turns.

BLUE

Focus is on perfecting strokes and meet competition. In addition, this group will be exposed to endurance-based interval training and developing race strategies.

BRONZE

The Bronze program will expose swimmers to more-advanced, endurance based training while continuing to perfect stroke technique, starts and turns. Swimmers will also be introduced to goal setting and individual race strategies. h

SILVER-WEST

This group will focus on training for competition, goal-setting, developing a base of endurance, advanced strokes and start and turn techniques. Swimmers will develop individual race strategies.

GOLD (13+)-WEST

This level focuses on mastery of advanced stroke, start and turn techniques, maintaining a high endurance base, advanced racing strategies and mental meet preparation.

SILVER/GOLD-EAST

This group will focus on training for competition, goal-setting, developing a base of endurance, advanced strokes and start and turn techniques. Swimmers will develop individual race strategies.