



The program levels are designed and organized by the YMCA coaching staff and are structured to accommodate many different ages, abilities and interests.

A swimmers placement in the appropriate group is determined by evaluating multiple factors. Ultimately the coaching staff reserves the right to place swimmers in the squad that will best fit that swimmers needs, level of commitment and their level of ability.

8 and Under Squads

Group Name:	Mini Makos
Group Focus:	Pre-Team: This is an introductory program that exposes young swimmers (8 and Under) and their families to competitive swimming. Swimmers will focus on the development of the long axis strokes and will be introduced to the short axis competitive strokes. A great deal of emphasis is placed on body balance and stroke coordination in a fun environment that fosters learning. Competitive opportunities will be gradually introduced throughout the season.
Skill Requirements:	Must complete 25 yards of the front crawl without stopping.
Practice Opportunities:	Two practices per week. There is no requirement for attendance but it is highly recommended that swimmers participate in all weekly practices
Notes:	Swimmers must be a YMCA member. USA Swimming registration is optional.

Group Name:	Orange
Group Focus:	Competitive: This program offers swimmers 8 years old and younger, who have met the skill requirements, opportunities to develop the four competitive strokes with a high level of attention placed on racing procedures and techniques. On land strength training will be introduced at this level, and ongoing attention will be placed on the development of fundamental skills and proper body positioning through skill drills in a fun environment that promotes learning and participation. Swimmers will be encouraged to participate in competitive events in both YMCA and USA meets.
Skill Requirements:	Must successfully complete 25 yards of both Freestyle and Backstroke and can demonstrate a cognitive understanding of Butterfly and Breaststroke.
Practice Opportunities:	Four practices per week. There is no requirement for attendance but it is highly recommended that swimmers participate in at least two of the weekly practices.
Notes:	Swimmers must be a YMCA and USA Swimming member.

