



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.

Age Group Squads

Group Name:	Green
Group Focus:	Competitive: This program offers swimmers primarily in the 3 rd – 4 th grade opportunities to develop the four competitive strokes with a higher level of attention placed on the development of fundamental skills and proper body positioning, along with racing strategies, racing starts and turns as the season progresses. Dry land strength conditioning will be implemented to enhance core strength, and swimmers will be encouraged to participate in the IM events. Swimmers will have the opportunity to participate in both YMCA and USA meets and events.
Skill Requirements:	Must successfully complete 25 yards of both Freestyle and Backstroke and can demonstrate some understanding of Butterfly and Breaststroke.
Practice Opportunities:	Four practices per week. Swimmers are expected to attend at least two of the weekly practices.
Notes:	Swimmers must be YMCA and USA Swimming members.

Group Name:	Junior 1
Group Focus:	Competitive: This program is for swimmers primarily in the 5 th to 7 th grades and between the ages of 11-12 years old. The Junior 1 Squad will focus on continued development of the four competitive strokes, racing strategies, racing stars and turns along with goal setting, nutritional awareness and higher levels of aerobic conditioning. On land strength conditioning will be implemented to enhance core strength, and swimmers will be encouraged to participate in the 200 IM and the 500 freestyle. Swimmers will have the opportunity to participate in both YMCA and USA meets and events.
Skill Requirements:	Must successfully complete 25 yards of both Freestyle and Backstroke and can demonstrate a cognitive understanding of Butterfly and Breaststroke.
Practice Opportunities:	Five practices per week. Swimmers are expected to attend at least three of the five practices per week.
Notes:	Swimmers must be YMCA and USA Swimming members

Group Name:	Junior 2
Group Focus:	Competitive: This is an advanced level of the Age Group program for swimmers primarily in the 5 th to 7 th grades. Focus falls on stroke development, higher levels of aerobic conditioning, anaerobic training cycles, on land strength training and a better understanding of the YMCA core values of respect, responsibility, honesty and caring. Swimmers will be educated on training philosophies and proper practices in regards to good attendance, work ethic and improved responsibility. Swimmers will apply goal setting techniques to enhance their training. This squad will participate in both YMCA and USA meets and events within the local, State and Regional area (New England/ New York).
Skill Requirements:	Must demonstrate the ability to complete the following Training Set Requirement: 5 x 100 freestyle on 1:40. Swimmers must also demonstrate proficiency in each of the four competitive strokes. Once the group is at capacity Competitive Performance Standards will be applied.
Weekly Practice Opportunities:	Six practices per week. Swimmers are expected to attend at least four of the six weekly practices. Swimmers that attend less than 16 practices per month will be dismissed from the group.
Notes:	Swimmers must be YMCA and USA Swimming members.

