



# GREATER HOLYOKE YMCA VIKINGS

## TRAINING GROUP DESCRIPTIONS FALL/WINTER 2019-2020

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### Developmental 1 (age 5 to 8 years)

**Description:** An entry level group for swimmers aged 5 to 8 years. The program is designed to introduce young swimmers to competitive swimming. The program meets in the Small Pool 3 days per week. Participants must be able to swim one length each of Freestyle and Backstroke in the YMCA Small Pool. Stroke technique and having FUN is the focus of this group! USA registration is required.

**Practice Attendance:** Swimmers must attend a minimum of 2 practices per week, although full participation in all 3 practices per week is strongly encouraged.

**Schedule:** 5:00 to 6:00pm on Monday, Wednesday, Friday in Small Pool

**Fee:** \$500 (\$60/month + \$80 USA Swimming Registration)

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### Developmental 2 (age 7 to 10 years)

**Description:** This is a more advanced developmental program for Vikings to transition into the Junior groups. This group will meet in the Large Pool 4 days per week. Swimmers in this group should be able to swim 2 lengths each of Freestyle and Backstroke in the Large Pool. Swimmers should also have a basic understanding of Breaststroke and Butterfly. Stroke technique and having lots of FUN is the focus of this group! USA registration is required.

**Practice Attendance:** Participants should attend a minimum of 3 practices per week.

**Schedule:** 5:00 to 6:00pm on Monday, Tuesday, Thursday, Friday in Large Pool.

**Fee:** \$570 (\$70/month + \$80 USA Swimming Registration)

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### Junior 1 (age 9 to 12 years)

**Description:** This is a development group designed to continue to refine stroke technique and begin to incorporate more aerobic base training, and skills including interval sets and reading a pace clock. This group meets in the Large Pool 5 days per week. Swimmers in this group must be able to perform all 4 competitive strokes legally and with good form. USA registration is required.

**Practice Attendance:** Participants should attend a minimum of 4 practices per week on a regular basis.

**Schedule:** 5:00 to 6:30pm on Monday, Tuesday, Wednesday, Thursday, Friday

**Fee:** \$675 (\$85/month + \$80 USA Swimming Registration)

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### **Junior 2 (age 9 to 14 years)**

**Description:** This group is designed to meet the needs of the developing Age Group swimmer wishing to commit more time and energy to the sport. Junior 2 swimmers see themselves as swimmers first. Participants must be ready to swim more challenging workouts and demonstrate the ability to perform all 4 competitive strokes legally with good form. USA registration is required.

**Practice Attendance:** Swimmers in this group must make a minimum of 4 practices per week.

**Schedule:** 5:00 to 6:30pm on Monday Tuesday, Wednesday, Thursday, Friday

**\*Fee:** \$745 (\$95/month + \$80 USA Swimming Registration)

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### **Senior 1 (age 13 to 18 years)**

**Description:** This group is designed for both Age Group swimmers and High School swimmers interested in challenging workouts accompanied with some schedule flexibility. Swimmers in this group include those looking to achieve success on their High School team, and those striving to join Senior 2/National Team. USA registration is required.

**Practice Attendance:** Participants should attend a minimum of 4 practices per week, although full participation is strongly encouraged.

**Schedule:** 6:30 to 8:30pm on Monday, Tuesday, Wednesday, Thursday, Friday

**\*Fee:** \$815 (\$105/month + \$80 USA Swimming Registration)

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### **Senior 2/National Team (age 14 to 18 years)**

**Description:** This Senior level group is for swimmers willing to make an uncompromising commitment to the sport of swimming. This program is for individuals with the ability and expectations to train for and go to YMCA Long Course Nationals, high level New England USA meets, and qualify for meets faster than YMCA Nationals. Swimmers will be admitted to this group only with the permission of the Head Coach. USA registration is required.

**Practice Attendance:** Participants must make 90% of workouts each month. Attendance will be evaluated monthly. Swimmers will be re-assigned to a more appropriate group if they do not meet the commitment level requirements.

**Schedule:** 3:00 to 5:30pm on Monday, Tuesday, Wednesday, Thursday, Friday  
10:00am to 12:00pm on Saturday

**\*Fee:** \$1,130 (\$150/month + \$80 USA Swimming Registration)

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**\*All Vikings participating in High School swimming will receive  
25% discount to monthly rate December-February.**