

## 2018-2019 GCY Program Levels and Descriptions

Seasonal Track YMCA-Only Competition Sept-May* \$35 Registration includes cap, t-shirts, magnet, league fees	Competitive Track USA Swimming and YMCA Competition Sept-July* \$110 Registration includes cap, t-shirts, magnet, USA Swim fees, league fees	National Track Most Advanced GCY Training Levels \$125 Registration includes unlimited caps, t-shirts, magnet, USA Swim fees, league fees	Other Benefits/Training Groups \$35 -\$110 Registration depends on choosing YMCA Only or USA/YMCA competition	More Bonus Benefits as a GCY Mako!
Jr Makos \$39 monthly	Age Group \$79 monthly	National Prep \$119 or \$189 monthly (higher rate includes meet fees)	Home School \$49 monthly	Flex Friday at GAC
Approximate Ages 4-5: Designed to prepare kids for summer league swim teams! Our target audience are those future swimmers in their final year of preschool, who want to learn to swim using the foundations of the four competitive strokes. Swimmers also learn to dive and will eventually be introduced to flipping and turn work as skills progress. Classes are one day per week taught by experienced coaches who are in the water with the swimmers. Participants should be comfortable in the water and have some experience going under water.	Approximate Grades 3rd - 8th grade: Swimmers should be able to complete currently 50 yards in all 4 competitive strokes, the 100 IM and 100 Free, PLUS have the intention to participate in area offered USA and YMCA swim meets. Swimmers will continue to get stroke, turn, start, and underwater refinement, as they progress to sets/interval training. <b>Swimmers must be able to do these events legally: 50 Fly, 50 Back, 50 Breast, 50 Free, 100 IM, and 100 Free PLUS have the intention to participate in meets!</b>	Approximate Grades 6th-9th: Swimmers should have at least 2 x 11-12 2017 NC 14&Under Championship time standards regardless of age. Meet attendance is expected and all swimmers will compete in every offered individual event each year. Minimum 5 practices per week with target of 6 are required to stay in the group.	Grades K-12th: Multiple coaches and lanes available to instruct homeschooled swimmers at the Makos (1-2-3), Age Group, and Senior Prep levels. Coaches are on-deck teaching swimmers all 4 competitive strokes, starts, turns, and underwaters. Swimmers have option to do YMCA and/or USA Swimming competitive meets.	On selected Fridays, called "Flex-Fridays", GCY will host practices at the GAC for all competitive levels, regardless of host site. Swimmers from all sites that are in levels AG, Senior Prep, and Senior levels will have an opportunity to practice one time a week at the best pool in the country! Or groups can stay at his or her home site, your choice!
Makos 1 \$49 monthly	Senior Prep \$89 monthly	National 1 \$129 or \$199 monthly (higher rate includes meet fees)	Private Lessons/Small Groups(Sat 10am-10:45am)	Make-Up Day for Makos 1 & 2
Approximate Ages 8&Under: Must be able to swim 25 yards on stomach AND 25 yards on back. Classes are offered on a 2 day/week basis, either M/W or T/TH, a make-up day on Fridays, and the 3rd day is Saturday all together at the Bryan YMCA! Participants are able to participate in all of our CLOSED YMCA competitions! This is a great introductory program before joining our competitive teams, and one that will serve to help all of those involved in summer league or even high school swimming.	Approximate Grades 5th-8th: Must be able to complete currently 75 yards in all 4 competitive strokes, and have at least two BB times in his/her respective age group, or be in Middle School. Swimmers continue to get stroke, turn, start, and underwater refinement, but should be proficient at holding set intervals and understanding set language. Kicking and an aerobic base while maintaining and still developing proper form/technique are emphasized.	Approximate Grades 8th-12th: Meet all requirements for National Prep, but are willing to commit to National 2 requirements in order to achieve his/her first YMCA National cut by his/her senior year. Should have at least 3 Capital Classic cuts and swimmers at National 1 levels should be able to train successfully with National 2 level swimmers. Swimmers are expected to participate in 6 or more practices per week through July, attend meets regularly, and communicate conflicts or practice exceptions to primary coach.	Several coaches are made available for 1-1 or small group work during this time during the season (on non-meet weekends). Take advantage and call to schedule "week of" only!	Makos 1 and 2 of our seasonal track are able to make-up any missed classes at specific locations and times.
Makos 2 \$49 monthly	Senior \$99 monthly	National 2 \$129 or \$199 monthly (higher rate includes meet fees)	Morning Only \$79 monthly	YMCA Membership \$15 or \$25 or Family/Adult Rates Monthly
Approximate Ages 7-12 (younger swimmers should be more advanced to qualify): Must be able to swim 25 yards on stomach AND 25 yards on back. Classes are offered on a 2 day/week basis, either M/W or T/TH, a make-up day on Fridays, and the 3rd day is Saturday all together at the Bryan YMCA! Participants are able to participate in all of our CLOSED YMCA competitions! This is a great introductory program before joining our competitive teams, and one that will serve to help all of those involved in summer league or even high school swimming.	Approximate Grades 9th-12th: This level is for all High School swimmers not in our National Prep, National 1, or National 2 programs. Swimmers in our senior group continue focus points of Age Group and Senior Prep levels, while ultimately learning to identify strengths and developing main events to their highest levels. Senior swimmers at higher levels regularly achieve NC Senior Champ standards. Swimmers here start our "Look-for-it" process of identifying colleges where he/she can be successful swimmers at the collegiate level.	Approximate Grades 8th-12th: Must be able to complete currently all offered strokes and distances during the Fall season, and have at least one YMCA National Cut from previous season. Swimmers are expected to participate in 6 or more practices per week through July, attend meets regularly, and communicate conflicts or practice exceptions to primary coach.	<b>Morning Only:</b> Middle School &Up: Swimmers may attend unlimited morning-only practices at a reduced cost.	<b>REQUIRED FOR ALL GCY SWIMMERS</b> Membership Benefits. A Y membership is a great value. We offer a wide variety of programs and classes, many of them included free with membership, convenient locations throughout the Triad and caring staff to help members of all ages grow in spirit, mind and body. In addition to a swim team, you have access to great facilities and programs!
Makos Fit \$59 monthly	Morning Only \$79 monthly	National Team Exception Application	Masters (18&Up) \$0-\$49 monthly	Quality, Fair, and Affordable
<b>Formerly Makos 3 and takes the place of our FLEX program, practices last 1 hour and 15 minutes!</b> Middle School and HS School Swimmers ONLY: Must be able to swim 25 yards on stomach AND 25 yards on back. Classes are offered Monday-Thursday (choose 2 days), a make-up day on Fridays, and the 3rd or 4th day is Saturday all together at the Bryan YMCA! Participants are able to participate in all of our CLOSED YMCA competitions! This is a great program before joining our competitive teams, and one that will serve to help all of those involved in summer league or even high school swimming!	<b>Morning Only:</b> Offered only to Middle School &Up: Swimmers may attend unlimited morning-only practices at at this reduced cost! Monday-Friday 5:15-7am, and Saturdays 8:30-10am or 7-10am depending on level! M/W/F mornings are at the GAC, Tues/Thurs/Sat are at the Bryan YMCA!	<b>An Application Process exists for swimmers who do not meet the above requirements.</b>  These groups are comprised of swimmers that have a history of advanced training and have shown a commitment to achieve their maximum potential and beyond. Practices will focus on preparation for success at local, state, regional, and eventually national recognized meets. Swimmers have already shown they are able to balance practice requirements and school before being considered for this group.  National Prep/National 1: Multiple repeats of 50's on :45/40, 100's on 1:20/1:15, and 200's on 2:40/2:30 is minimum for consideration.	18 and over swimmers that should be able to repeat laps. Program is individualized to swimmer need which can range from completing his/her first triathlon or Masters meet, to achieving Hawaii Ironman qualification or Masters Nationals championships/top 10 finishers. GCY Masters has worked with every level including those just starting to those with state, national, and even world records! <b>VERY FAVORABLE DISCOUNTS TO GCY PARENTS OF CURRENTLY ACTIVE SWIMMERS</b>	All GCY Programs are hold,transfer group, or cancel at anytime during the season with 30 days notice and program availability. Each monthly payment pays for that actual month, and financial assistance and payment arrangements are available if needed. Program fees are based on "a break-even" target, not for profit, with a specific goal to make both entry and advanced levels into top notch competitive swimming affordable to the community, while still keeping the best coaches and programming in the Triad. August is always FREE!

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