



2022 Senior Short Course State Champions

Cuke Vision

To be the model YMCA Competitive Swim Program in the United States

Cuke Mission

Providing a safe environment for developing future leaders and growing student-athletes in character, in the spirit of unity, through excellence in sport

2022 Short Course and Long Course Age Group State Champions!

2022 Short Course Senior State Champions!

#1 USA Swimming Program in S.C!

GO CUKES!

#Evolve_Exc
#join_the_evolution



JOIN THE EVOLUTION NOW!

Middle Tyger Family YMCA

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COACHING STAFF

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Y – SPARTAQUATICS
SWIM CLUB**

YMCA OF GREATER SPARTANBURG



YSSC SEA CUKES

**EVOLVING EXCELLENCE IN AND
OUT OF THE WATER!**

Website: www.gocukes.com
Instagram: @gocukes_
Facebook: Y-Spartaquatics Fightin' Sea Cukes

More Than a Team

Whether your child is just starting out or swimming competitively at the college level, or anywhere in between, YSSC offers a competitive swimming experience for all ages, all ability levels and all levels of commitment. All practices are held at the Middle Tyger YMCA in Duncan, S.C.

Affordable monthly payment plans, financial assistance and flexible practice schedules make the #1 team in South Carolina truly available to everyone.



Senior Cukes investing in the next generation!

YMCA SWIM LESSONS

All Ages

This is the first step for most swimmers. YSSC works with the YMCA Swim Lessons Program to create a smooth transition to the competitive team.

AFFORDABLE MONTHLY PAYMENT OPTIONS ARE AVAILABLE!

Y – SPARTAQUATICS PROGRAMMING

YSL PROGRAM: AGES 4 & OLDER

Designed for novice swimmers who are comfortable in the water and able to swim a full length of freestyle and backstroke unassisted. Flexible practice schedule, 30–45 minutes, 2 to 3 days per week.

AGE GROUP PROGRAM: AGES 6 to 12

Age groups are divided by ability level with practices as often as 5 to 6 days per week, depending on your child's availability and desired commitment level. Weekend swim meets are held every 3 to 4 weeks in various locations in S.C. and beyond!

JUNIOR AND SENIOR PROGRAM: AGES 13 & OLDER

Practice groups are divided by ability level with practices offered anywhere from 6 to 8 times per week. Practice frequency is determined by ability level and desired level of commitment. Meets are held every 3 to 4 weeks in various locations in S.C. and around the U.S.



2022 Long Course Age Group State Champions

Y – Spartaquatics Swim Club

**#1 Team in the State of S.C.
#1 Ranked YMCA Team in the U.S.**

- Over 600 Children Served Annually
- 2021 Women's YMCA Festival Champions
- 2022 YMCA Short Course Nationals 4th Place
- 2022 YMCA Long Course Nationals 4th Place
- 2020, 2021, 2022 S.C. Senior Short Course State Champions
- 2021, 2022 S.C. Age Group Short Course State Champions
- 2022 S.C. Age Group Long Course State Champions
- Over 15 U.S. Olympic Trial Qualifiers
- USA Swimming Silver Medal Club
- USA Swimming Safe Sport Club
- USA Swimming Club Recognition Level 4
- Over 100 alumni have gone on to swim at the collegiate level
- Over 100 years Coaching Experience on staff