



SEA CUKES

High School Prep Group YSSC at MTY

2-3 Practices per week

Meets optional (limited)

**No attendance
requirement**

YSSC is excited to continue this group designed for high school swimmers wishing to hone their skills without the year round commitment/attendance requirement of our existing Junior and Senior groups!

Target athletes:

- Athletes who prefer to practice two to three times per week without an attendance requirement or the expectation of participating in USA Swimming Meets.
- Swimmers who are part of their High School swim team, and are looking to stay in swimming shape during the year.
- Swimmers who desire to maintain or improve their current swim performance.

Cost:

- \$80 monthly plus a current YMCA membership at the Middle Tyger YMCA.
- One time registration fee of \$100 (includes partial USA Swimming membership (up to 2 meets), team shirts and cap)

Practice: Tues / Thurs 7:00 pm -8:30 pm

*Saturday option between 11:30 am -1:00 pm starting October 31st

Season: October 13 - May 15

Coaches: This group will be coached by experienced YSSC coaching staff!

Questions? Contact Dan Mascolo at dmascolo@spartanburgymca.org or Eduardo Dos Santos at edossantos@spartanburgymca.org for more information.