



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING STRONGER AS A TEAM

2019 Summer Swim Team YMCA OF DANE COUNTY

SWIM TEAM STROKE CLINIC/SPRING SEASON

Practices will focus on stroke technique and endurance training. Contact the coach at your branch to discuss the best fit for you child if you're unsure.

April 15-May 24

GROUP 1

Designed for new and novice swimmers, this group is for kids with two years or fewer experience on a competitive swim team. Must be able to complete a length of the pool without stopping and have knowledge of all four strokes.

EAST

TU/TH/F 4:30-5:15pm

WEST

TU/F 4:00-4:45pm

W 6:30-7:15pm

Program Price \$90

Discounted Member Price \$70

GROUP 2

Designed for intermediate swimmers with two or more years of swim team experience. Must be able to swim 200 continuous yards of freestyle, perform at least 50 yards of all competitive strokes and do starts and turns.

EAST

M/TH/F 5:00-6:30pm

W 4:30-6:00pm

WEST

M/TU/W/TH 4:00-5:30pm

Program Price \$172

Discounted Member Price \$146

GROUP 3

Designed for the advanced swimmer with three or more years of experience swimming competitively. Swimmers must be able to swim a 500 freestyle continuously and a 100 of all competitive strokes and do starts and turns.

EAST

M 4:30-6:30pm

TU/TH/F 5:00-6:30pm

W 6:00-8:00pm

WEST

M/W 6:30-8:30pm

TU/TH 7:30-9:00pm

F 4:00-5:30pm

Program Price \$225

Discounted Member Price \$190

SUMMER SWIM TEAM-YDC

Swimmers must be able to perform all four competitive strokes and have the endurance to train for 1.5 hours. Swimmers must be Y members.

May 28-July 26

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EAST

TU/TH/F 4:30-5:15pm

WEST

M/W/F 3:45-4:30pm

Program Price \$115

GROUP 2

Designed for intermediate swimmers with two or more years of swim team experience. Must be able to swim 200 continuous yards of freestyle, perform at least 50 yards of all competitive strokes and do starts and turns.

EAST

M/TH/F 5:00-6:30pm

W 4:30-6:00pm

WEST

M/W 4:30-6:00pm

TH/F 3:45-5:15pm

Program Price \$210

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W 6:00-8:00pm

WEST

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TH 5:00-6:30pm

Program Fee \$250



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