

## MCGAW YMCA SWIM TEAM 2024-25 SEASON

Dates: Senior & Gold Teams: September 9th – March 7th, 2024

Dates: Squid Squad, Green, Orange, Bronze, Blue, Purple, & Silver Teams: September 23rd – March 7th, 2024

- Squid Squad – Ages 5 & up; entry level swimmers new to swim team; no swim meet expectation but allowed if interested
- Green – Ages 7 & up; swimmers must be able to swim 50 yards of freestyle and backstroke; YMCA meets required
- Orange – Ages 9 & up; swimmers must be able to swim 50 yards of freestyle and backstroke and some back and breast; YMCA meets required
- Bronze – Ages 9 & up; swimmers able to swim all four strokes; 3 practices required per week; YMCA meets required; USA meets expected
- Purple – Ages 11 & up; swimmers must be legal in all four strokes; 2 practices per week expected; YMCA meets required; USA meets encouraged
- Silver – Ages 11 & up; swimmers must be able to do 200 free/200 IM and 100 yards of each stroke; YMCA meets required; USA meets expected
- Gold – Ages 12 & up; must be able to complete higher level practices and meet 4 practice per week requirement; YMCA and USA meets required
- Senior – Ages 13 & up; must be able to complete Senior level practices; 5 practice per week requirement; YMCA meets and USA meets required

	FEES	MON	TUES	WED	THURS	FRI	SAT
Squid Squad 1	<b>\$795</b>			4:45-5:20 pm		4:45-5:20 pm	
Squid Squad 2	<b>\$795</b>			5:20-5:55 pm		5:20-5:55 pm	
Green	<b>\$865</b>	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm	
Orange	<b>\$865</b>	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm	
Purple*	<b>\$885</b>		4:00-5:00pm		7:00-8:00 pm	4:45-5:55pm	
Bronze*	<b>\$995</b>	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm		4:45-5:55pm	
Silver*	<b>\$1065</b>	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm	7:00-8:00 pm	4:45-5:55pm	
Gold*	<b>\$1135</b>	7:00-8:30 pm	7:00-8:30 pm	7:00-8:30 pm	4:00-5:15pm	6:00-7:00am	10:30-12:00pm
Senior*	<b>\$1175</b>	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	4:00-6:00pm	6:00-7:00am	10:30-12:00pm
HS Boys* HS Girls*	<b>\$705</b> <b>\$805</b>	Discounted price for swimmers on their HS team, swimmers will be placed in the appropriate practice group based on their ability.					

\*USA Swimming Registration fee is NOT included in team fees. There will be a separate registration for families interested in participating in USA Meets

# MYST FALL STROKE CLINIC

Grades K-7

Members and Non-Members

Dates: September 9th to September 20th

Taught by the MYST coaching staff, this clinic is for youth of all abilities and ages. Great for anyone who plans to join our competitive swim team and would like to try it out before joining. You do not have to be a member of the YMCA to participate in the stroke clinic; however, you will have to join the McGaw YMCA if you wish to participate on MYST Swim Team. The clinic is open to Squid Squad, Green, Yellow, Red, and Orange swimmers looking to get a competitive edge. The clinic is divided into four groups to meet the needs of all swimmers. **Squid Squad** is for swimmers ages 5-8 who are comfortable in the water and a larger group setting than lessons. We will provide an introduction to the four competitive strokes, diving, and turns in a low-key environment. **New Swimmer** Clinic is for any swimmer who will be new to the team and practicing in the 6 lane pool. **Intermediate** Clinic is for swimmers who are recommended to the Orange or Green team. **Advanced** Clinic is for swimmers who are recommended to the Bronze, Purple, or Silver team.

Group	FEES	MON	TUES	WED	THURS	FRI
MYST Fall Clinic: Squid Squad 1	\$40/60			4:45-5:20 pm		4:45-5:20 pm
MYST Fall Clinic: Squid Squad 2	\$40/60			5:20-5:55 pm		5:20-5:55 pm
MYST Fall Clinic: New Swimmer	\$50/75	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
MYST Fall Clinic: Intermediate	\$50/75	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
MYST Fall Clinic: Advanced	\$50/75	4:45-5:55pm		4:45-5:55pm		4:45-5:55pm