

MYST SPRING STROKE CLINIC

Grades K-12

Members and Non-Members

Dates: March 31st-April 4th

Taught by the MYST coaching staff, this clinic is for youth of all abilities and ages. 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 for members of the following five groups: **Squid Squad** is for those swimmers ages 5-8 who are comfortable in the water and a larger group setting than lessons. We will introduce the four competitive strokes, diving, and turns in a low-key environment. This group is for swimmers on Squid Squad or swim lesson equivalent. **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 on the Orange or Green levels of the team. **Advanced Clinic** is for swimmers on Senior, Gold, Silver, Bronze or Purple and we will work on stroke mechanics during this week.

Group	FEES	MON	TUES	WED	THURS	FRI
Squid Squad 1 Clinic	\$30/\$50			4:40-5:20pm		4:40-5:20pm
Squid Squad 2 Clinic	\$30/\$50			5:20-6:00pm		5:20-6:00pm
New Swimmer Clinic*	\$30/\$50	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
Intermediate Clinic*	\$30/\$50	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
Advanced Clinic*	\$30/\$50	4:45-6:00pm		4:45-6:00pm		4:45-6:00pm

MYST SPRING & SUMMER SWIM TEAM

Dates: Apr 7th-July 18th

Please note there will be a change in practice schedules once the school year is over, but the cost does cover both schedules. Payment may be split into two payments. First installment at registration and second on June 1st There is also an option to sign up for only the Spring or Summer options.

Spring Practice Schedule April 7th - June 6th

Groups	Full Cost	Spring Only	Location	MON	TUES	WED	THURS	FRI
Squid Squad 1	\$405.00	\$285.00	4 Lane Pool			4:40-5:20pm		4:40-5:20pm
Squid Squad 2	\$405.00	\$285.00	4 Lane Pool			5:20-6:00pm		5:20-6:00pm
Green	\$435.00	\$305.00	6 Lane Pool	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
Orange	\$435.00	\$305.00	6 Lane Pool	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
Purple	\$495.00	\$325.00	6 Lane Pool	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm		4:45-5:55pm
Bronze	\$495.00	\$325.00	6 Lane Pool	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm		4:45-5:55pm
Silver	\$495.00	\$325.00	6 Lane Pool	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm		4:45-5:55pm
Gold	\$575.00	\$395.00	6 Lane Pool	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	4:00-5:15pm	6:00-7:00am
Senior	\$595.00	\$395.00	6 Lane Pool	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	4:00-6:00pm	6:00-7:00am

Summer Practice Schedule June 9th – July 18th

Groups	Full Cost	Summer Only	Location	MON	TUES	WED	THURS	FRI
Squid Squad 1	\$405.00	\$185.00	4 Lane Pool		5:15-6:00pm		5:15-6:00pm	
Squid Squad 2	\$405.00	\$185.00	4 Lane Pool		5:15-6:00pm		5:15-6:00pm	
Green	\$435.00	\$195.00	6 Lane Pool	4:15-5:00pm		4:15-5:00pm		4:15-5:00pm
Orange	\$435.00	\$195.00	6 Lane Pool	4:15-5:00pm		4:15-5:00pm		4:15-5:00pm
Purple	\$495.00	\$225.00	6 Lane Pool	5:00-6:00pm	4:00-5:00pm	5:00-6:00pm		5:00-6:00pm
Bronze	\$495.00	\$225.00	6 Lane Pool	5:00-6:00pm	4:00-5:00pm	5:00-6:00pm		5:00-6:00pm
Silver	\$495.00	\$225.00	6 Lane Pool	5:00-6:00pm	4:00-5:00pm	5:00-6:00pm		5:00-6:00pm
Gold	\$575.00	\$255.00	6 Lane Pool	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am	7:00-8:30am
Senior	\$595.00	\$275.00	6 Lane Pool	7:00-8:30am	7:00-8:30am 4:00-5:00pm	7:00-8:30am	7:00-8:30am 4:00-5:00pm	7:00-8:30am