

MYST SPRING STROKE CLINIC

Grades K-12

Members and Non-Members

Dates: April 8th-April 26th

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 provide an introduction to the four competitive strokes, diving, and turns in a low-key environment. This group is for swimmers on Squid Squad, White level, 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 who are recommended to the Bronze, Purple, or Silver teams.

| Group | FEES | Course Code | MON | TUES | WED | THURS | FRI |
|-----------------------------|------------|-------------|-------------|------|-------------|-------|-------------|
| Squid Squad Clinic | \$75/\$100 | Class | | | 5:15-6:00pm | | 5:15-6:00pm |
| New Swimmer Clinic* | \$75/\$100 | Class | 5:15-6:00pm | | 5:15-6:00pm | | 5:15-6:00pm |
| Intermediate Clinic* | \$75/\$100 | Class | 5:15-6:00pm | | 5:15-6:00pm | | 5:15-6:00pm |
| Advanced Clinic* | \$75/\$100 | Class | 4:00-5:15pm | | 4:00-5:15pm | | 4:00-5:15pm |

MYST SUMMER SWIM TEAM

Dates: Apr 8th-July 20th

State Date: Gold & Senior – April 8th

Start Date: All other groups – Week of April 29th

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 until June 7th

| Groups | Full Cost | Spring Only | Location | MON | TUES | WED | THURS | FRI | SAT |
|-------------|-----------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|
| Squid Squad | \$325.00 | \$180.00 | 4 Lane Pool | | | 5:15-6:00pm | | 5:15-6:00pm | |
| Green | \$350.00 | \$190.00 | 6 Lane Pool | 5:15-6:00pm | | 5:15-6:00pm | | 5:15-6:00pm | |
| Orange | \$350.00 | \$190.00 | 6 Lane Pool | 5:15-6:00pm | | 5:15-6:00pm | | 5:15-6:00pm | |
| Purple | \$375.00 | \$205.00 | 6 Lane Pool | 4:00-5:15pm | | 4:00-5:15pm | | 4:00-5:15pm | |
| Bronze | \$400.00 | \$215.00 | 6 Lane Pool | 4:00-5:15pm | 4:00-5:15pm | 4:00-5:15pm | | 4:00-5:15pm | |
| Silver | \$425.00 | \$230.00 | 6 Lane Pool | 4:00-5:15pm | 4:00-5:15pm | 4:00-5:15pm | 7:00-8:30pm | 4:00-5:15pm | |
| Gold | \$425.00 | \$230.00 | 6 Lane Pool | 7:00-8:30pm | 7:00-8:30pm | 7:00-8:30pm | 7:00-8:30pm | 6:00-7:30am | 11:30am-1:00p |
| Senior | \$450.00 | \$250.00 | 6 Lane Pool | 7:00-8:30pm | 6:30-8:30pm | 7:00-8:30pm | 6:30-8:30pm | 6:00-7:30am | 11:30am-1:00p |

Summer Practice Schedule June 7th - July 20th

| Groups | Full Cost | Summer Only | Location | MON | TUES | WED | THURS | FRI |
|-------------|-----------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Squid Squad | \$325.00 | \$180.00 | 4 Lane Pool | | 5:15-6:00pm | | 5:15-6:00pm | |
| Green | \$350.00 | \$190.00 | 6 Lane Pool | 5:15-6:00pm | | 5:15-6:00pm | | 5:15-6:00pm |
| Orange | \$350.00 | \$190.00 | 6 Lane Pool | 5:15-6:00pm | | 5:15-6:00pm | | 5:15-6:00pm |
| Purple | \$375.00 | \$205.00 | 6 Lane Pool | 4:00-5:15pm | | 4:00-5:15pm | | 4:00-5:15pm |
| Bronze | \$400.00 | \$215.00 | 6 Lane Pool | 4:00-5:15pm | 4:00-5:15pm | 4:00-5:15pm | 4:00-5:15pm | 4:00-5:15pm |
| Silver | \$425.00 | \$230.00 | 6 Lane Pool | 3:45-5:15pm | 3:45-5:15pm | 3:45-5:15pm | 3:45-5:15pm | 3:45-5:15pm |
| Gold | \$425.00 | \$230.00 | 6 Lane Pool | 3:45-5:15pm | 3:45-5:15pm | 3:45-5:15pm | 3:45-5:15pm | 3:45-5:15pm |
| Senior | \$450.00 | \$250.00 | 6 Lane Pool | 6:30-8:30am | 6:30-8:30am | 6:30-8:30am | 6:30-8:30am | 6:30-8:30am |