

MCGAW YMCA SWIM TEAM 2019-20 SEASON

Dates: Senior & Gold Teams: September 9th, 2019 – March 6th, 2020

Dates: Squid Squad, White, Green, Orange, Bronze, Blue, Purple, & Silver Teams: September 23th, 2019 – March 6th, 2020

- Squid Squad – Ages 5 & up; entry level swimmers new to swim team; no swim meet expectation
- White - Ages 6 & up; swimmers with prior experience on our SS or swim lesson equivalent; no swim meet expectation
- 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 required
- Blue – Ages 11 & up; group for middle schoolers who enjoy swimming but are less interested in competing; Swim meets not required
- Purple – Ages 11 & up; swimmers must be legal in all four strokes; 2 practices per week expected; YMCA meets required
- 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 11 & up; must be able to complete higher level practices and meet 4 practice per week requirement; YMCA and USA meets required
- Senior – Ages 12 & 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	\$695			4:45-5:25 pm		4:45-5:25 pm	
White	\$695			5:25-6:05 pm		5:25-6:05 pm	
Green**	\$775	5:15-6:00 pm		5:15-6:00 pm		5:15-6:00 pm	
Orange **	\$775	5:15-6:00 pm		5:15-6:00 pm		5:15-6:00 pm	
Blue**	\$650		4:00-5:15pm				11:00am-12:00pm
Purple**	\$775		4:00-5:15pm		7:00-8:30 pm	4:00-5:15pm	
Bronze*	\$895	4:00-5:15pm		4:00-5:15pm		4:00-5:15pm	12:00-1:00 pm
Silver*	\$965	4:00-5:15pm		4:00-5:15pm	7:00-8:30 pm	4:00-5:15pm	12:00-1:00 pm
Gold*	\$995	7:00-8:30 pm	7:00-8:30 pm	7:00-8:30 pm	7:00-8:30 pm	6:00-7:30am	12:00-1:30 pm
Senior*	\$1045	DL 6:00-6:45pm 7:00-8:30pm	6:30-8:30pm	DL 6:00-6:45pm 7:00-8:30pm	4:00-6:00pm	6:00-7:30am	12:00-1:30pm
HS Boys* HS Girls*	\$595* \$695*	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 of \$80 is included in team fees for this group

** USA Swimming registration fee not included for this group. Swimmers may participate in USA Swimming meets but are responsible for the \$80 fee

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	Course Code	MON	TUES	WED	THURS	FRI
Squid Squad Clinic	\$40/60	Class:			4:45-5:25 pm		4:45-5:25 pm
White Clinic	\$40/60	Class:			5:25-6:05 pm		5:25-6:05 pm
New Swimmer Clinic	\$50/75	Class:	5:15-6:00 pm		5:15-6:00 pm		5:15-6:00 pm
Intermediate Clinic	\$50/75	Class:	5:15-6:00 pm		5:15-6:00 pm		5:15-6:00 pm
Advanced Clinic	\$50/75	Class:	4:15-5:15 pm		4:15-5:15 pm		4:15-5:15 pm