

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, 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			5:10-5:55pm		5:10-5:55pm
New Swimmer Clinic	\$75/\$100	Class	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
Intermediate Clinic	\$75/\$100	Class	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm
Advanced Clinic	\$75/\$100	Class	4:45-5:55pm		4:45-5:55pm		4:45-5:55pm

MYST SPRING & SUMMER SWIM TEAM

Dates: Apr 8th-July 22nd

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 9th

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	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm	
Orange	\$350.00	\$190.00	6 Lane Pool	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm	
Purple	\$425.00	\$230.00	6 Lane Pool	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm		4:45-5:55pm	
Bronze	\$425.00	\$230.00	6 Lane Pool	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm		4:45-5:55pm	
Silver	\$425.00	\$230.00	6 Lane Pool	4:45-5:55pm	4:00-5:00pm	4:45-5:55pm		4:45-5:55pm	
Gold	\$495.00	\$260.00	6 Lane Pool	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	4:00-5:30pm	6:00-7:00am	
Senior	\$495.00	\$260.00	6 Lane Pool	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	4:00-5:30pm	6:00-7:00am	

Summer Practice Schedule June 10th - July 19th

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	5:10-5:55pm		5:10-5:55pm		5:10-5:55pm
Orange	\$350.00	\$190.00	6 Lane Pool	5:10-5:55pm		5:10-5:55pm		5:10-5:55pm
Purple	\$425.00	\$230.00	6 Lane Pool	4:00-5:10pm		4:00-5:10pm		4:00-5:10pm
Bronze	\$425.00	\$230.00	6 Lane Pool	4:00-5:10pm	4:00-5:00pm	4:00-5:10pm		4:00-5:10pm
Silver	\$425.00	\$230.00	6 Lane Pool	4:00-5:10pm	4:00-5:00pm	4:00-5:10pm	4:00-5:00pm	4:00-5:10pm
Gold	\$495.00	\$260.00	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
Senior	\$495.00	\$260.00	6 Lane Pool	7:00-8:30am 4:00-5:00pm	7:00-8:30am 4:00-5:00pm	7:00-8:30am	7:00-8:30am 4:00-5:00pm	7:00-8:30am