

Swim Team

YOUR CONTACT IS:

Adam Braun

Competitive Aquatic Director - abraun@ymcade.org



Wahoos

WWW.WESTERNWAHOOS.ORG



SPRING CONDITIONING MARCH 29TH TO MAY 14TH

PRACTICE WILL BE HELD THE WEEK OF EASTER

The spring conditioning program offers children ages 5 to 18 the opportunity to learn, refresh or maintain their swim skills, while building endurance in all four competitive strokes. All children including those who swim for local suburban swim teams are welcome to join us to get into shape for summer. All practices are held in the 8-lane bubble pool.

INTRODUCTION

Prerequisites: Have fun while learning competitive swimming skills. Children must be able to swim 25 meters (length of pool) without stopping and back float correctly and comfortably for 30+ seconds.

Monday, Wednesday & Friday: 4:30 to 5:30pm

Full Session Cost:

Full Member: \$118/ Program Member: \$236

Bank Draft Payments:

Full Member: 2 payments of \$59

Program Member: 2 payments of \$118

BRONZE

Prerequisites: All swimmers must be able to complete 2 full lengths (50 meters) of freestyle, with rotary breathing, without stopping and 2 full lengths of legal backstroke without stopping. It is also required that all swimmers are able to tread water in place and have a basic understanding of breaststroke with legal kick and butterfly.

Monday, Wednesday & Friday: 4:30 to 5:30pm

Full Session Cost:

Full Member: \$147 / Program Member: \$262

Bank Draft Payments:

Full Member: 2 payments of \$73.50

Program Member: 2 payments of \$131

SWIM TEAM HOTLINE (302) 224-5562

SILVER

Prerequisites: All Swimmers must be able to practice for 90 minutes and repeat sets of 50 meters of freestyle, backstroke, butterfly, breaststroke, and a 200 meter IM. A coach's recommendation is needed to move from Bronze to Silver group.

Monday, Wednesday & Friday: 5:30 to 7:00pm

Full Session Cost:

Full Member: \$163 / Program Member: \$278

Bank Draft Payments:

Full Member: 2 payments of \$81.50

Program Member: 2 payments of \$139

GOLD

All swimmers must be able to practice for 90 minutes and repeat sets of 100 meters of freestyle, backstroke, butterfly, and breaststroke. A coach's recommendation is needed to move from Silver into Gold group.

Monday, Wednesday & Friday: 5:30 to 7:00pm

Full Session Cost:

Full Member: \$163 / Program Member: \$278

Bank Draft Payments:

Full Member: 2 payments of \$81.50

Program Member: 2 payments of \$139

ADVANCED

Prerequisites: Participants in this group need to be able to swim 20 full lengths (500 meters) of freestyle with rotary breathing, 4 full lengths of backstroke, breaststroke, and butterfly. Practices will consist of dry-land and swimming workouts geared toward increasing strength, endurance, technique, and race strategy.

Monday thru Thursday: 6:30 to 8:30pm

Full Session Cost:

Full Member: \$188 / Program Member: \$299

Bank Draft Payments:

Full Member: 2 payments of \$94

Program Member: 2 payments of \$149.50

NATIONAL

Prerequisites: Participants in this group need a recommendation from Coach Adam. For swimmers who want to compete at YMCA Long Course Nationals. Practices will consist of dry-land and swimming workouts geared toward increasing strength, endurance, technique, and race strategy.

Monday & Wednesday: 6:30 to 8:30pm

Tuesday & Thursday: 6:00 to 8:30pm

Full Session Cost:

Full Member: \$227 / Program Member: \$327

Bank Draft Payments:

Full Member: 2 payments of \$113.50

Program Member: 2 payments of \$163.50

SUMMER SWIM TEAM

- Season begins May 17th and runs through the SSL Championships on July 17th.
- Long Course season ends at YMCA Nationals July 26th-30th.
- Member of the Suburban Swim League.
- Dual Meets Wednesday nights and Saturday mornings.
- A great first competitive swim team experience for beginner swimmers
- 2009 Summer team had most qualifiers for Championships in SSL.
- Group descriptions, prices, practices will be in the Summer Program Guide and be posted on the team website by May 1st.

PENGUIN CLUB

Penguin Club provides a great transition from lessons for those who might be interested in joining our competitive swim team in the future. This is a wonderful opportunity for young swimmers to continue to develop, improve and master the skills that are introduced in the YMCA Swim Lessons Program. Participants will learn advanced skills, including proper mechanics for freestyle, backstroke, breaststroke, butterfly, starts, turns, and finishes through swim team like drills. Swimmers must be five years of age or older and able to swim 25 yards of freestyle and backstroke.

Day & Time: Saturday's 12:05 to 1:05 PM

(8-Lane Bubble Pool)

Dates: March 27 to May 15 (No Class April 3rd)

Prices: Full Member: \$77 / Program Member \$144

MASTERS SWIM TEAM

For more information go to the westernwahoos.org

Wednesday: 5:45 to 7:00am

Cost: Free; Full Members Only

