

YOUTH AND TEEN AQUATIC PROGRAMS

SUMMER SWIM TEAM PROGRAMS

East Summer Swim Team

Our Swim Team provides swimmers ages 7 – college, the opportunity to excel in the sport of swimming. The East YMCA Swim Team is the place for swimmers to reach personal and also team goals. Our coaches take the extra effort to help your swimmer become the best they can be. The Summer Swim Team Program will run under the direction of Head Coach Lynn Stickels and Coach Michael Rudie. Their philosophy, knowledge and experience will enhance your athlete's swim team experience in competition and team orientated atmosphere. This is a great opportunity for youth, high school and college swimmers to perfect their strokes for the upcoming swim season.

- All MEYO practices are held at the East YMCA
- Swim Team participants must be YMCA members.

East - June 1- July 31. 9 weeks

Group	Ages	Practice Days	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$ 90
2	11-18	M-F	4:00-5:30pm	M \$185

Swim Team booster fee: \$25.00

West Summer Swim Team

Summer Swim Team is for competitive swimmers looking to improve their swimming skills and endurance over the summer. Practices are held at the Middleton Cross Plains Indoor Pool (25yds) and the UW Madison Southeastern Recreational Facility (50M). Swim Meets are also offered, which will be primarily Long Course 50M. Swimmers must be able to perform all 4 competitive strokes and have the endurance to train for 2 hours. Dry land training will take place the first half hour of practice on T/TH/F from 3:00-3:30pm and swimming will be from 3:30-5:30pm. Participants must be a YMCA Member.

West - June 1 – August 5. 10 weeks

Group	Ages	Practice Days	Time	Cost
1	8-18	T/TH/F (MHS)	3:00-5:30pm	\$185
2	8-18	M-F (SERF)	7:00-8:45pm	\$300

Swim Team booster fee: \$25.00

- Splash Fees will be billed after the last meet participated in for the Summer Swim Team Season.

Registration: Monday March 1 - May 17, 2010

On American Red Cross GuardStart

Lifeguarding tomorrow is designed to prepare 10-14 year olds to take Red Cross Lifeguarding certification programs and for future work as lifeguards. The GuardStart program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible lifeguards. Lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism. Participants must be at a YMCA Fish Level/American Red Cross Level 5 or higher.

Northeast - June 15-July 8

T/TH Ages 10-14 10:00-11:30am
Includes course manual M \$50 P \$90



On Lifeguard Training with CPR/AED/First Aid

American Red Cross training includes: CPR/AED/First Aid/Lifeguard. Prerequisite: Minimum age of 15, swim 300 yards continuously. Participants must attend all classes listed for that session, no make up classes are offered. Register at YMCA now!

East Session B

M June 14 8:30am-4:30pm
T/W/TH June 15, 16, 17 9:00am-4:00pm
F June 18 9:00am-2:00pm

Northeast

M-F August 9-13 8:00am-4:00pm
M \$190 P \$200

On Teen Swim Lessons - All abilities welcome!

This class is designed for teens who are in need of beginner level instruction, as well as for those who want to improve their strokes and continue to an advanced level.

East

M Ages 13+ 7:45-8:30pm
TH Ages 13+ 9:00-9:45am

Northeast

M Ages 13-17 7:15-8:00pm

West

SA Ages 13+ Beginner Level 1 8:00-8:45am
SA Ages 13+ Adv. Beginner Level 2 8:45-9:30am
M \$50 P \$100



Log Rolling info on page 36

NEW! On Kids Mini-Triathlon

Northeast - Proceeds benefit YGive

Swim in the pool, bike around the block, and run in the parking lot. So come on, give it a TRI!! Don't forget your bike!

Friday June 25th 6:00pm M \$5 P \$10

4 Heats: Preschoolers (walkers through age 4)

- Grades K-2
- Grades 3-5
- Grades 6-8