

YOUTH PROGRAMS

SWIM TEAM PROGRAMS

On Stroke Clinic

An excellent opportunity to learn/review the competitive techniques and to sharpen your present stroke proficiency involved in freestyle, backstroke, breaststroke, and butterfly. Course includes starts and turns for all strokes. For swimmers who can swim 4 lengths non-stop.

East - April 12 – May 7 4 weeks

Group	Ages	Practice	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$55 P \$ 75
2	11-18	M-F	4:00-5:30pm	M \$95 P \$115

Northeast - April 12-May 14 5 weeks M \$70 P \$100

M/W/F	Ages	Beginners	6:00-7:00pm
	Ages 6-10		
	Ages 11-18	Advanced	7:00-8:00pm

On Pre-Swim Team Stroke Clinic

Pre-Swim Team Stroke Clinic is for swimmers ages 6-12 who are looking to try the YMCA swim team who have not participated in it before. Pre-Swim Team is also a great way to get ready for summer swimming. The clinic will focus on developing and refining on stroke technique, starts and turns. Swimmers should have knowledge of all 4 competitive strokes and have the endurance to swim for an hour.

West - April 19-May 28 6 weeks M \$85 P \$125

M/W	Ages	6-12	6:30-7:30pm

NEW! West Spring Swim Team

The Spring Swim Team is for those interested in continuing swim team into the spring and for those looking to get ready for summer swimming. The Spring Swim Team practices will focus on stroke technique and endurance training. Swim Meets are also offered, which will be primarily Long Course 50M. Dry land training will take place at the start of practice for the first 15 min. Must be a YMCA Member.

West - April 19 – May 28. 6 weeks

Group	Ages	Practice Days	Time	Cost
1	12 & under	M/W/F	3:45-5:30pm	\$125

West - April 19 – May 28. 6 weeks

Group	Ages	Practice Days	Time	Cost
2	12 & over	M-TH	7:00-9:00pm	\$150

Spring Swim Team Registration: March 1- April 9

Summer Swim Team Registration: March 1- May17

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.

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/W (SERF)	7:00-8:45pm	\$300
		T/TH/F (MHS)	3:00-5:30pm	

Swim Team Booster Fee \$25.00

• Splash Fees for participating in swim meets will be billed throughout the Swim Team Season.

Spring/Summer Swim Team Combined Discount

April 19-August 5 16 weeks

Swimmers who register for both Spring and Summer Swim Team will receive a 10% discount. Swimmers must be registered in the Spring to receive the discount.

On Summer Swim “Tune-up” Clinic

This clinic is designed to focus on preparing the athlete for Summer Swim competition. We will work on stroke technique, endurance, and starts/turns. The “Tune-up” Clinic will run under the direction of Head coach Lynn Stickels and Coach Michael Rudie.

East - May 17 – May 28 2 weeks

Group	Ages	Practice	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$25 P \$35
2	11-18	M-F	4:00-5:30pm	M \$50 P \$65

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	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

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