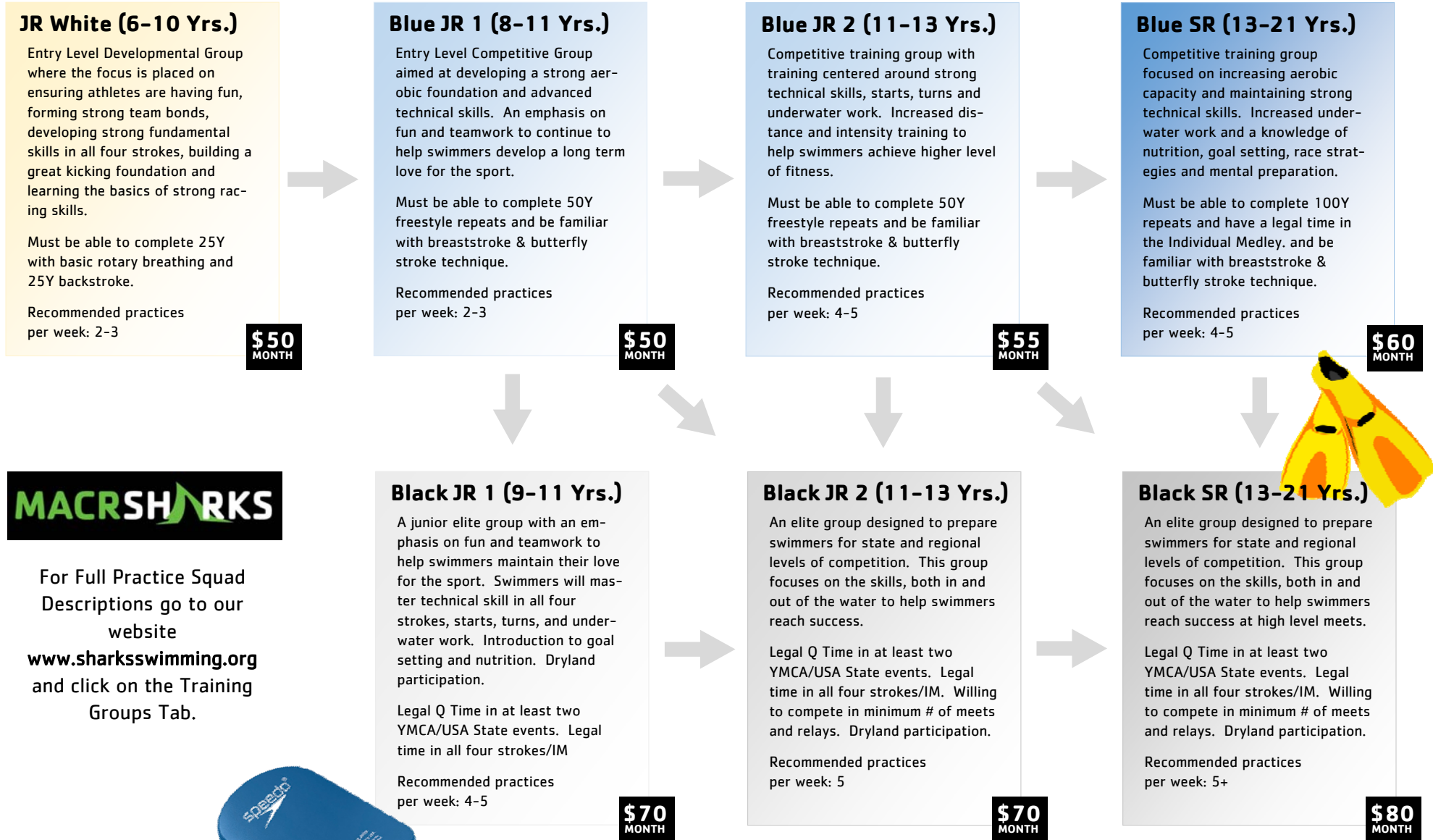


# MACR Sharks Practice Group Flowchart for YMCA / USA Swim Programs



For Full Practice Squad Descriptions go to our website [www.sharksswimming.org](http://www.sharksswimming.org) and click on the Training Groups Tab.

