

Welcome to the Rocky Run YMCA Reef Sharks!

On the Rocky Run YMCA Swim Team, every member has a place and every swimmer is important to our success! We offer multiple competitive and developmental practice groups for swimmers ages 5-18. Swimmers gain experience through YMCA and USA Swimming competitions. Swimmers will enjoy our family and team-first atmosphere! The Rocky Run YMCA is where SWIMMING FAST and HAVING FUN go hand in hand!

Practice Group Descriptions:

Pre-Team (cost \$168 per 8-week session) (See practice schedule for session dates):

This group is for swimmers who are not quite ready for their age-appropriate practice group. Each 8-week session will focus on building the technique and skills necessary to join the Swim Team. At the end of each 8-week session, we will evaluate each swimmer to see if they are ready to move to one of our competitive practice groups. *General Requirements:* Swimmers 5-13 who have completed a swim lesson program but need to refine their technique before they move to team. We suggest that swimmers attend 2 practices/week.

Developmental (cost \$126 per month*):

This group introduces children to the swim team. It is the next step following completion of a swim lesson program. This group will provide a heavy focus on stroke mechanics by coaches who will be in the water with the swimmers. The priority of this group is to provide a fun, friendly, and engaging environment which will encourage swimmers to begin to grasp all aspects of competitive swimming. *General Requirements:* Swimmers 5-9 years of age who can complete 25m of Freestyle (with rotary breathing) and 25m of Backstroke. We suggest that swimmers attend 2-3 practices/week.

Age Group 1 (cost \$168 per month*):

Swimmers in this group should have a working knowledge of the four competitive strokes and have the endurance to complete multiple laps. Proper stroke technique and skill appropriate conditioning will be the focus of this group. Swimmers in this group will develop the skills necessary to compete in all levels of competition. *General Requirements:* Swimmers 9-12 who can legally complete 25 meters of the four competitive strokes. We suggest that swimmers attend 3 practices/week.

Age Group 2 (cost \$189 per month*):

Swimmers in this group must have a working knowledge of the four competitive strokes. Training with proper stroke technique will be the focus of this group. This group seeks to prepare swimmer for and to expose them to, elite competition. *General Requirements:* Swimmers 11-14 who have demonstrated consistent effort in training and who can legally complete 50 meters in the 4 competitive strokes. We suggest that swimmers attend 3-4 practices/week.

Junior (cost \$194 per month*):

Swimmers in the group will be asked to train at a high level while maintaining proper stroke technique. Group members should have a desire to advance their skills and plan on competing in appropriate level invitational meets. *General Requirements:* Swimmer 12-15 who have demonstrated a high-level commitment and who have strong technique in the four competitive strokes. We suggest that swimmers attend 5-6 practices/week.

Senior (cost \$194 per month*):

Swimmers in the group will be asked to train at a high level while maintaining proper stroke technique. Group members should have a desire to advance their skills and plan on competing in appropriate level invitational meets. Swimmers in this group are expected to act as role models for the younger swimmers on the team. *General Requirements:* Swimmer 14&Over who have demonstrated a high-level commitment and who have strong technique in the four competitive strokes. We suggest that swimmers attend 5-6 practices/week.

High School Prep (Sept 11 – Nov 17) (cost \$350):

This ten-week program will focus on preparing High School Swimmers for their season. Swimmers must be in High School in order to participate in this program. Mechanics mixed with appropriate training will be the basis for this group. *General Requirements:* Swimmers must be in High School and planning to swim for their High School Swim Team.

*\$100 deposit required at registration. Monthly Billing will begin October 1, 2023.