

## **GCY Competitive Track**

**September 2025–August 2026  
USA Swimming & YMCA Competition  
\$80 Annual Registration Fee**

**Age Group  
\$125 monthly**

**Recommended 3–4 practices/week**

- Ages 7–10
- Swimmers should be able to complete 25 yards in all four competitive strokes and 50 freestyle, and have the intention of participating in area USA and YMCA swim meets
- Develop skills to complete turns and starts properly
- Learn proper practice etiquette

**Senior Prep  
\$135 monthly**

**Recommended 4–5 practices/week**

- Ages 10–12
- Must be able to complete 50 yards in all four competitive strokes, 100 IM and 100 freestyle, and have the intention of participating in area USA and YMCA swim meets
- Continue stroke, turn, start, and underwater refinement
- Learn proper building of aerobic base

**National  
\$145 monthly**

**Recommended 5 practices/week**

- Ages 13–18
- High school-age swimmers who have a competition history within swimming and would like to maintain a competitive edge in the sport while participating in other activities.
- Competition in both YMCA and USA meets is available for those who desire it.

## **GCY National Track**

**September 2025–August 2026  
USA Swimming & YMCA Competition  
\$80 Annual Registration Fee**

**National Prep  
\$185 monthly**

**Recommended 6 practices/week**

- Ages 11–13
- Swimmers should have achieved at least one USRY time standard in the appropriate age group (11–12 or 13–14) or have the capacity to hold practice intervals
- Meet participation is expected
- Higher level of performance training

**National 1  
\$185 monthly**

**Recommended 7–8 practices/week**

- Ages 14–18
- Meet all requirements for National Prep
- Should have at least 2 Capital Classic cuts within their appropriate age group or have the capacity to hold practice intervals
- Expected to attend practices and meets regularly
- Begin weight training

**National 2  
\$185 monthly**

**Recommended 8–9 practices/week**

- Ages 14–18
- Meet all requirements for National 1
- Should have at least one YMCA National Cut or have the capacity to hold practice intervals
- Expected to attend practices and meets regularly
- Weight training is encouraged at this level
- Elite level training will prepare swimmers for collegiate level swimming

### **Family Discounts on monthly GCY fees**

1<sup>st</sup> swimmer – full price; 2<sup>nd</sup> & 3<sup>rd</sup> swimmers – 25% off; 4<sup>th</sup> or more swimmers – 35% off

### **Financial Assistance** is available for all components of our program!

Reductions available for monthly fees through our YMCA Financial Assistance Program, registration fees (USA Swimming registration fee only), meet fees (Trevor Hawkins Scholarship)