

# GCY Seasonal Track

Sept 2023-May 2024  
YMCA-only Competition  
\$80 Annual Registration Fee

**Junior Makos**  
**\$79 monthly**  
**1 practice/week**

- Approximate Ages 4-5
- For future swimmers in their final year of preschool, who want to learn to swim using the foundations of the four competitive strokes
- Participants should be comfortable in the water and have some experience going underwater
- Swimmers learn to dive and are introduced to flipping and turn work

**Makos 1**  
**\$99 monthly**  
**Recommended 2-3 practices/week**

- Approximate Ages 8 & under
- Must be able to swim 25 yards on stomach and back
- Participants are able to participate in all of our CLOSED YMCA competitions
- A great introductory program before joining our competitive team

**Makos 2**  
**\$99 monthly**  
**Recommended 2-3 practices/week**

- Approximate Ages 7-12 (advanced, younger swimmers may qualify)
- Must be able to swim 25 yards on stomach and back
- Participants are able to participate in all of our CLOSED YMCA competitions
- A great introductory program before joining our competitive team

**Makos Homeschool**  
**\$99 monthly**  
**Recommended 2-3 practices/week**

- Instruction for homeschooled swimmers at the Makos (1-2-Fit) level
- Approximate Ages 5-13
- Must be able to swim 25 yards on stomach and back
- Participants are able to participate in all of our CLOSED YMCA competitions
- A great introductory program before joining our competitive team

**MakosFit**  
**\$99 monthly**  
**Recommended 2-3 practices/week**

- Grades: Middle or High School only
- Must be able to swim 25 yards on stomach and back
- Participants are able to participate in all of our CLOSED YMCA competitions
- A great program before joining our competitive teams, one that will help those involved in summer league or high school swimming!

**Masters (18 & up)**  
**\$69 monthly**  
**Recommended 2+ practices/week**

- 18 & over. Should be able to repeat laps. Program is individualized to swimmer need (from competing in a first triathlon or Masters Meet to achieving Hawaii Ironman qualification or Masters National Championships)
- Option to join our Senior Sprint/National swimmers if level matches and space is available
- GCY Masters has worked with every level, including those just starting to those with world records

## 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 – 50% 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)

## **GCY Competitive Track**

September 2023–August 2024  
USA Swimming & YMCA Competition  
\$230 Annual Registration Fee

**Age Group**  
**\$119 monthly**

**Recommended 3–4 practices/week**

- Ages 7–11
- Swimmers should be able to complete 50 yards in all four competitive strokes, the 100 IM and 100 Free, plus have the intention to participate in area USA and YMCA swim meets
- Stroke, turn, start, and underwater refinement; progress to sets/interval training

**Senior Prep**  
**\$129 monthly**

**Recommended 4–5 practices/week**

- Ages 10–13
- Must be able to complete 100 yards in all four competitive strokes or be in middle school; should understand set language and be proficient at holding set interval
- Continue to get stroke, turn, start, and underwater refinement; focus on kicking and aerobic base while developing and emphasizing proper form

**National**  
**\$139 monthly**

**Recommended 5 practices/week**

- Ages 14–18 (age as of December 31<sup>st</sup>)
- For all High School Swimmers not in our National 1 & 2 programs
- Swimmers continue focus points of Age Group & Senior Prep levels, while identifying strengths and developing main events to their highest levels
- Starts our “Look-for-it” process, which identifies where swimmers can be successful at the collegiate level
- This group practices at the elite level with a focus on high school 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 – 50% 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)

## **GCY National Track**

September 2023–August 2024  
USA Swimming & YMCA Competition  
\$230 Annual Registration Fee

**National Prep**  
**\$179 monthly**

**Recommended 6 practices/week**

- Ages 11–13 (age as of December 31<sup>st</sup>)
- Swimmers should have achieved at least two USRY time standards in 2 different strokes in the corresponding 11–12 or 13–14 age groups
- Meet attendance is expected and all swimmers will compete in every offered individual event each year

**National 1**  
**\$179 monthly**

**Recommended 7–8 practices/week**

- Ages 14–18 (age as of December 31<sup>st</sup>)
- Meet all requirements for National Prep, but willing to commit to National 2 requirements
- Should have at least 3 Capital Classic cuts and swimmers at National 1 levels should be able to train successfully with National 2 swimmers
- Expected to attend practices and meets regularly
- No more than 5–6 in-water practices; weight training to supplement up to 8 total practices

**National 2**  
**\$179 monthly**

**Recommended 8–9 practices/week**

- Ages 14–18 (age as of December 31<sup>st</sup>)
- Must be able to complete all offered strokes and distances during the Fall season and have at least one YMCA National Cut from previous season
- Expected to attend practices and meets regularly
- No more than 6 in-water practices; weight training to supplement up to 9 total practices