



# Looking for water

Pool time and space seems to be at an all-time low these days. Here are a few options to consider if your athlete is looking to spend time training in the water:

## ELEVATE FITNESS

- LIVERPOOL: 7455 MORGAN ROAD, LIVERPOOL, NY 13090
- DEWITT: 5791 WIDEWATERS PKWY, DEWITT, NY 13214
- Youth (\$0 + \$20/month) and Family memberships available. Link: [lets Junior Membership](#)
- Swimmers reserve lane space up to one week in advance.
- Private coaching is allowed

## YMCA of Central NY

- NORTH AREA: 4775 Wetzel Road, Liverpool, NY 13090
- NORTHWEST AREA: 8040 River Road, Baldwinsville, NY 13027
- Youth (\$0 + \$28/month) and Family (\$49 + \$83/month) memberships available
- Swimmers reserve lane space 48 hours in advance for a 45-minute session
- Private coaching not allowed

## TRAINING OPTIONS

### SWIMMING ON YOUR OWN –

The coaching staff has posted workouts on the JETS website ([COVID RESOURCES](#)) under “At Home Swim Workouts”. Additionally, a simple Google search will come up with more than enough options for your athlete to enjoy. The PROS of this plan are the flexible scheduling, cost effective nature, and that self-motivated athletes will learn a ton about the sport from what it feels like to be a coach.

### PRIVATE/SEMI-PRIVATE CLINICS –

The JETS Coaching staff has offered to make themselves available if swimmers are looking for a more guided approach. Since the YMCA does not allow private coaching, this plan is only feasible at Elevate Fitness and **swimmers must have an Elevate Fitness Junior membership** for this to take place. Clinics can be run for 1 to 6 swimmers at a time. Total costs for these clinics are \$36 (30 min) and \$60 (60-min). So – a 30-minute clinic for 4 swimmers runs each athlete \$9. Clinic arrangements and payments are made directly with the coach (Venmo/Cash/Check). Coach contact numbers and availability are listed below.

Coach Zac Mekker	Coach Carly Jones	Coach Maddie Sestak	Coach Maddie Hall
315-569-5387	315-552-8541	315-657-0818	315-920-9722
Availability weekdays before 7am or afternoons before/after JETS practices, Sat/Sun afternoons possible	Available weekdays in the early afternoon, weekends may be possible but not preferred.	Availability at most times throughout the week and weekends – including during the days on weekdays	Availability after 8:00pm on weekdays. Not available on weekends.