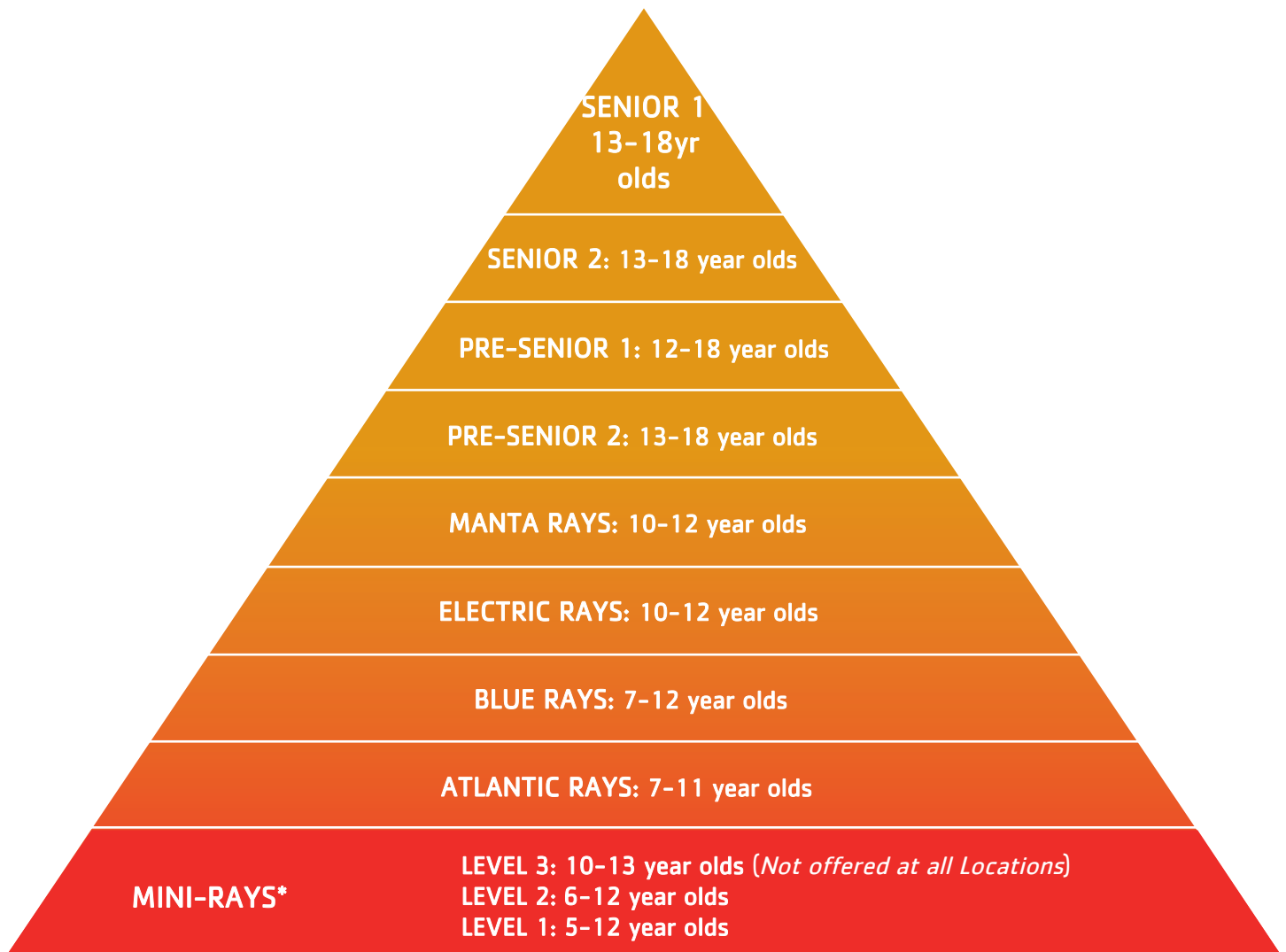


YMCA of Upper Palmetto Swim Team

Step-by-Step Progression

As you look over the progression, please understand that regardless of age, ability, or experience there's a place for your family on the...



YEAR ROUND RAYS

These groups are offered year round and groups are based on the following criteria: **Age, Training Ability, Commitment Level, Swim Meet Participation, Group Availability, Competitive Experience, Academic Grades** (for group moves).

MINI-RAYS

Mini-Rays is the first step in the YMCA of Upper Palmetto swim team program. This group is designed to inspire and teach each and every "Ray" to excel in the sport and be safe. The primary goal of the group is to teach the fundamentals and technique of the four competitive strokes and also introduce competitive racing skills, such as diving and turns. Competitions will be offered but not required. However, it is our goal to get your swimmer to want to compete! The group will be offered 3 times a week and as professional coaches, we recommend they make at least 2 of those 3 so that you see the development and improvement.