



YSSC SEA CUKES

YSSC

HIGH SCHOOL PREP

PROGRAM

**Up to 5
Practices Per
Week**

**No
Attendance
Requirement**

**Meets
Optional
(limited)**

YSSC's High School Prep program is designed for athletes who still want to seriously pursue swimming while also having the opportunity to pursue other activities. This program is offered 5 times a week, but there is no expected attendance or swim meet participation requirements. Work and learn at your own pace!

What to Expect:

- **Athletes who prefer to practice two to five times per week without an attendance requirement or the expectation of participating in USA Swim Meets.**
- **Learn fundamental swimming skills and race strategy in all four strokes and IM.**
- **Challenging practices including endurance-based interval training, dryland, and racing.**
- **Gain year-round swimming experience to prepare for the summer and high school seasons.**

Group Information:

- **\$109 Monthly plus YMCA Membership at the Middle Tyger YMCA**
- **A one-time Registration fee of \$85**
- **Practice: Monday – Thursday 7:00 – 8:30 PM and Saturdays 7:00 – 8:30 AM**
- **October 16th through May 15th**

Coaching Staff:

- **This group will be coached by YSSC Head Age Group Coach Kyle Bradley.**

Questions? Contact Kyle Bradley at kbradley@spartanburgymca.org