



Description of Practice Levels Pre-Competitive Swimming 2008-2009

Swimmers that participate in our pre-competitive programs are encouraged to join the YMCA as a full privilege member, but are not required. If you are not a full privilege member of the YMCA, you will need to purchase a program membership (\$10 per person). **This membership must be purchased from the membership office at the time of registration.**

Just for Fun Swimming

Ages 6-12

This is a monthly program for swimmers who wish to swim competitively WITHOUT a yearly commitment or pressure of added swim meets. This program will focus primarily on technique and FUN. This program is great for SUMMER league swimmers. This program will meet once per week, on Sundays from 4:15-5:15pm, and your **fees are paid at the YMCA Front Desk once every five (5) weeks.**

Take Your Mark Pre Competitive Swimming

Ages 6-12

Pre-Competitive swimmers will learn fundamentals of competitive swimming through fun-filled drills in a positive atmosphere. This program is the first of a two-part program designed to slowly move swimmers from the pre-competitive level to the competitive levels. ***Practices will begin Friday, September 19 at 6:15pm.*** Each practice will be an hour. The program will continue through Friday, December 19, 2008. There will be no swim meets during this time. Our concentration will be on correct stroke form of all four (4) competitive strokes, as well as understanding how to use starting blocks. Children that are interested in participating in swim meets, should register for the "Mini Team" program that will begin in January, 2009. There is one fee for this program and this fee is all-inclusive. There will be no "added fees" unless you wish to purchase a swim suit for your child. Parents will not be asked to participate in any fundraisers. To register for this program, simply fill out the registration form and return the form to the YMCA with the proper fee. Parents that wish to have their child(ren) "try out" the program prior to registration should plan to attend the first two classes prior to returning the forms and fees

WSY "MINI TEAM"

Ages 6-12

Pre-Competitive swimmers will continue to learn fundamentals of competitive swimming in addition to participating in the excitement of swim meets. Inter-squad meets will be held in January and March. Swimmers will have the opportunity to swim in our WSY Valentine 9 & Under Invitational in February. This program is meant to be the second part of our pre-competitive program. **The starting date for this program is January 9, 2009,** and the program will continue through March 27, 2009. The program meets from 6:15-7:15pm at the YMCA. There is one fee for this program and this fee is all-inclusive, including your entry into our inter-squad meets, and the invitational. There will be no "added fees" unless you wish to purchase a swim suit for your child. All swimmers in this program will be given a custom WSY Mini Team T-shirt. To register for this program, simply fill out the registration form and return the form to the YMCA with the proper fee. Parents that wish to have their child(ren) "try out" the program prior to registration should plan to attend the first two classes prior to returning the forms and fees

