



# Pre-Competitive Swimming

Descriptions of Programs

**2010-2011**

[www.wsyswim.org](http://www.wsyswim.org)

## **Just for Fun Pre-Competitive Swimming**

Ages 6-14

This is a 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 learning in a fun environment. This program is great for Summer league swimmers, Country Club swimmers, or children coming out of swim lessons. This program will meet once per week, on Sundays from 4:30-5:30pm. This program will have the same instructors each Sunday, and will have a minimum of two instructors each class. This program **will begin Sunday, September 26**, and will continue every Sunday (with the exception of November 28, December 26, and January 2) through **Sunday, March 20, 2011**.

## **Take Your Mark Pre Competitive Swimming**

Ages 5-12

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 24 at 6:15pm**. Each practice will be an hour. The program will **continue through Friday, December 17, 2010**. 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, 2011. 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 5-12

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 7, 2011**, and the program will **continue through March 25, 2011**. 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

