

## SWIM TEAM PRE-SEASONS

**Spring: April 24 – May 19, 2017**

**Fall: September 5 – 29, 2017**

### Junior Pre-Season

Athletes ages 10 and under who are either entering or returning to the world of competitive swimming learn and refine the four competitive strokes and race details, while building friendships with others of all backgrounds. Experienced athletes from the senior periodically join us for peer review and skill development. To guarantee safety, prospective swimmers must be safe in deep water to join. If your child has some familiarity with at least two of the competitive strokes and the ability to swim 50 yards without stopping, they will feel more prepared to succeed in this program.

**Monday – Friday 3:30 – 4:15 pm**

**Cost: Y Member – \$49**

**Non-Member Participant – \$74**

### Senior Pre-Season

New and returning athletes ages 11 & over begin with an initial focus on skills and technique, gradually evolving focus to preparing for higher levels of training and conditioning. New swimmers in this age group can scale daily workouts as appropriate to their ability levels, and we provide a welcoming environment to allow them to quickly grow to their long-term potential. All athletes in this group are challenged to discover their personal limits and encourage their teammates to be the best they can be.

**Monday – Friday 3:30 – 5:30 pm**

**Cost: Y Member – \$59**

**Non-Member Participant – \$89**

## FINANCIAL ASSISTANCE

The Marshfield Clinic Health System YMCA will deny no person membership due to the inability to pay. With funds raised through the Annual Campaign, the Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Please visit our website at [www.mfldymca.org](http://www.mfldymca.org) or stop in at the Y for an application.

## CONTACT

Aaron Heiss

Swim Team Director

715.387.4900 ext. 232

[aheiss@mfldymca.org](mailto:aheiss@mfldymca.org)

## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

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

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**MARSHFIELD CLINIC  
HEALTH SYSTEM YMCA**

**2017  
Swim Team**

## WHAT IS THE Y SWIM TEAM?

We use competitive swimming as a tool to develop children and teens into healthy, productive adults. Our team is an extended family bound by the will to become stronger athletes, more skilled swimmers, and more deeply connected friends. Swimmers in our programs learn and refine skills, grow physically in strength and endurance, and build positive relationships with their teammates and coaches. Our certified coaches use the sport to promote healthy lifestyles while embracing the four core values of Caring, Honesty, Respect, and Responsibility.

## WHAT CAN I EXPECT?

We structure our practices with a balanced approach to skill instruction and refinement, endurance and sprint training, and race preparation. Our swimmers are expected to set goals and be willing to learn and train for those goals daily. Every athlete on our team has the opportunity to compete. While we welcome those who don't wish to compete, participating in meets is the only way to grow the most. In training, our athletes explore their physical limits with their friends. In competition, they discover their potential, encourage their teammates, and celebrate achievement. Competitions are offered at the local, state, and national levels. A listing of available competitions can be found at: [www.mfldymca.org/swim\\_team](http://www.mfldymca.org/swim_team).

## WHO CAN JOIN?

Anyone who is between the ages of 5 and 18 can join the YMCA Swim Team. All swimmers must be members of the YMCA to participate in the competitive season.

Those interested in joining the swim team should take advantage of the two-week free trial. Simply try it out without obligation at any time during the season. For registration information, contact Aaron Heiss, Swim Team Director, at [ahwiss@mfldymca.org](mailto:ahwiss@mfldymca.org) or 715.387.4900.

## SWIM TEAM SUMMER SEASON

May 22 – July 21, 2017

### Junior

Athletes ages 10 & under who are either entering or returning to the world of competitive swimming learn to train and prepare for competition, while building friendships with others of all backgrounds. Experienced athletes from the senior group periodically join us for peer review and skill development. Although we offer practices 5 days per week, most swimmers attend 2-3 days per week. New swimmers are strongly encouraged to participate in the pre-season to prepare themselves for the challenges of a competitive swim season.

Monday – Friday 3:30 – 4:15 pm

Cost: \$129

### Senior

New and returning athletes ages 11 and over prepare for all levels of competition in this group, while also learning the “true colors” model of how to work with people of all personality types and backgrounds. A desire to compete is not required, but we encourage all swimmers to use competition to grasp the concept of measurable accountability and learning from success and failure. New swimmers in this age group can scale daily workouts as appropriate to their ability levels, and we provide a welcoming environment to allow them to quickly grow to their long-term potential. All athletes in this group are challenged to discover their personal limits and encourage their teammates to be the best they can be.

Monday – Friday 3:30 – 5:30 pm

Cost: \$169



## FALL & WINTER SEASON

October 2, 2017 – March 16, 2018

### Junior

Athletes ages 10 & under who are either entering or returning to the world of competitive swimming learn to train and prepare for competition, while building friendships with others of all backgrounds. Experienced athletes from the senior group periodically join us for peer review and skill development. Although we offer practices 5 days per week, most swimmers attend 2-3 days per week. New swimmers are strongly encouraged to participate in the pre-season to prepare themselves for the challenges of a competitive swim season.

Monday – Friday 3:30 – 4:15 pm

Cost: \$329 • Monthly – \$65\*

### Senior

New and returning athletes ages 11 and over prepare for all levels of competition in this group, while also learning the “true colors” model of how to work with people of all personality types and backgrounds. A desire to compete is not required, but we encourage all swimmers to use competition to grasp the concept of measurable accountability and learning from success and failure. New swimmers in this age group can scale daily workouts as appropriate to their ability levels, and we provide a welcoming environment to allow them to quickly grow to their long-term potential. All athletes in this group are challenged to discover their personal limits and encourage their teammates to be the best they can be.

Monday – Friday 3:30 – 5:30 pm

Cost: \$429 • Monthly – \$90\*

Swimmers who participate in their high school swim teams receive the following prorated fees to cover the overlaps between seasons.

High School Girls: \$329 • Monthly – \$65\*

High School Boys: \$139

\*Monthly payment option for fall/winter swim season requires \$69 due at time of registration with 4 monthly credit card drafts. Payment will be withdrawn on the 1<sup>st</sup> of each month, November through February.