



## SUMTER FAMILY YMCA SWORDFISH SWIM TEAM 2019

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Swimmers ages 4-21 years old can join the fun of swimming at the Y. We travel to compete with teams from neighboring states. It's more than just about competing; it is a fun, life enhancing experience. We invite you to be a part of our family!

### Benefits:

- Healthy environment, where your kids can make new friends with the same health interests
- Learn to set and achieve personal goals while growing to be more disciplined
- The challenge helps build confidence while helping swimmers to achieve a better sense of well-being
- Building team spirit through workout and competition, as well as extra curricular activities
- The benefit of competitive swimming in a no-pressure environment

### Sessions:

We are a year-round swim team. YMCA Swim meet sessions run through Spring/Summer and Fall/Winter.

We offer 5 different levels based on swimming skills. To join the swim team your child just needs to be comfortable swimming in deep water. *See back for details.*

Annual Registration fee for YMCA: \$25.00

<b>SWIM TEAM PRACTICE SCHEDULE</b>				
Groups	Time	Age	Recommended Attendance	Pricing by month Members/Potential Member
Pre-Team	M & W 6:00 - 6:30pm	4 & up	2 x week	\$40 / \$60
Developmental	M & W 5:00 - 6:00pm	4 & up	2 x week	\$45 / \$70
Bronze	M – Th 5:00 - 6:00pm	4 & up	3 x week	\$50 / \$75
Silver	M – Th 3:30 - 5:00pm	7 & up	4 x week	\$55 / \$80
Gold	M – TH 4:00 - 6:00pm Fri 4:00 - 5:30 pm	11 & up	5 x week	\$65 / \$98

Auto-draft is available to facilitate year-round swimmers.

Financial Assistance is available for those who apply and qualify through our OPEN DOORS program.

# SWIM TEAM SKILL REQUIREMENTS

Groups	Basic Skills	Requirements	Minimum Attendance Recommended
Pre-Team	Endurance	Must be comfortable in deep water Swim Instructor Recommendation	2 x week
Developmental**	Front Float Back Float Streamline Stroke refinement	25 yard Free and Back	2 x week
Bronze**	All Developmental Skills + Legal flip turns Stroke refinement	50 yard Free 50 yard Back 25 yard Fly and/or Breaststroke	3 x week
Silver**	All Bronze Skills + Legal turns Proper head & body position for all strokes Stroke refinement	100 yard Free 100 yard Back 50 yard Fly and Breaststroke Head Coach Recommendation*	4 x week
Gold**	All Silver Skills + Stroke refinement	200 yard Free 200 yard IM 100 yard Fly, Back, and Breaststroke Head Coach Recommendation*	5 x week

\*Swim tests are offered Monday – Thursday. Email [igor@ymcasumter.org](mailto:igor@ymcasumter.org) to schedule an appointment.

\*\*To be a member of the YMCA's competitive team. Swimmers must meet the recommended attendance and demonstrate **legal** strokes and turns.

Workout equipment: swimsuit, goggles, team swim cap & team shirt

**ALL SWIMMERS MUST BE A YMCA MEMBER TO COMPETE IN MEETS.**

**SUMTER FAMILY YMCA**

510 Miller Road  
Sumter, SC 29150  
803-773-1404  
[ymcasumter.org](http://ymcasumter.org)



**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**