

**SUMTER FAMILY YMCA  
FLYING FISH  
SWIM TEAM**



**We invite you to be a part of our Flying Fish Family!**

The Sumter Family YMCA has been a part of the Sumter community since 1890. The Y has been fostering an environment of caring, honesty, respect, responsibility and faith since before group swim lessons began in 1909 all the way through to today's Y Nationals. Through our swim technique and conditioning program swimmers are able to participate in competitive swimming. Because of the YMCA cause and mission, swimmers learn more than just stroke technique and body mechanics. Our team fosters a safe space where our youth can develop healthy competition while building skills that will lead to a healthy lifestyle through good sportsmanship and social responsibility.

The purpose of Carolina YMCA Swim League (CYSL) competitive swimming is to provide swimmers an opportunity to participate in competitive swimming, under conditions that will foster skillful aquatic ability, good fellowship, team association loyalty, a finer appreciation of swimming for its own sake and not just for winning, and sportsmanship of a high type on the part of spectators, as well as swimmers and officials.

Swimmers can join the fun of swimming as a Flying Fish here at the Sumter Family YMCA, in a no-pressure environment. Our year round swim team travels to compete with teams from across the state of SC, NC and GA. It is more than just about competing; it's a fun, life-enhancing experience. Our swimmers learn to set and achieve personal goals while growing to become more disciplined. The challenge builds confidence, while helping swimmers to achieve a better sense of well-being. Supportive families help build team spirit and unity, while swimmers create lifelong bonds with team mates and other YMCA swimmers. Come see what we are all about.

For more information please contact Kelley - [ktorres@ymcasumter.org](mailto:ktorres@ymcasumter.org)

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

# SWIM TEAM PRACTICE SCHEDULE 2021 - 2022 Winter & Spring Season

| Groups | Day / Time  | Cost         | Minimum Skill Requirement   | Skills Practiced  |
|--------|---|--------------|---|---|
| Red    | Monday - Thursday<br>4:00 pm - 5:00pm                                 | \$60 / \$90  | <ul style="list-style-type: none"> <li>- Must be comfortable treading in deep water &amp; be able to swim a minimum of 30 min non stop</li> <li>- Streamline &amp; dolphin kick</li> <li>- Must be able to consistently swim 50 yards free &amp; back and 25 breast stroke</li> </ul> | <ul style="list-style-type: none"> <li>- 4 major stroke refinement</li> <li>- Proper body position</li> <li>- Legal butterfly introduction</li> <li>- Side breathing</li> </ul>   |
| White  | Monday - Thursday<br>5:00pm - 6:30pm                                  | \$72 / \$108 | <ul style="list-style-type: none"> <li>- All Red skills</li> <li>- Must be able to consistently swim 200yds free &amp; back stroke</li> <li>- And 50yds Fly and breast stroke</li> </ul>  | <ul style="list-style-type: none"> <li>- 4 major stroke refinement (fly back, breast, free)</li> <li>- Endurance</li> <li>- Dives</li> <li>- Flip turns</li> </ul>  |
| Blue   | Monday - Thursday<br>5:00pm - 6:30pm<br><br>Friday<br>4:00pm - 6:00pm | \$88 / \$132 | <ul style="list-style-type: none"> <li>- All Red &amp; White skills</li> <li>- Must be able to consistently swim 200yds free &amp; back stroke</li> <li>- And 100yds Fly and breast stroke</li> </ul>   | <ul style="list-style-type: none"> <li>- 4 major stroke refinement (fly back, breast, free)</li> <li>- Endurance with a focus on Sprints and Distance</li> <li>- Dives &amp; Flip turns</li> <li>- Proper body mechanics</li> </ul> |

- We are a year-round swim team with two swim seasons with three levels based on swimming ability  
Winter - August through March (Championships in February)  
Summer - April through July (Championships in July)
- Practice times may change seasonally in order to meet the needs of our participants
- In order to join the swim team each swimmer must have a swim evaluation
- Evaluations available by appointment
- Annual Registration fee of \$25.00 is due upon registration for each session
- The convenience of auto-draft is available to alleviate the pressure of making payments by due dates
- Swimmers are registered for a full season unless specifically requested by guardian
- Cancellation request must be made by submitting a change form at the member services desk at least one week in advance of due date
- Equipment needed - competition style swim suit, goggles, team cap
- Aquatics fundraiser - [swimoutlet.com/sumterymcaflyingfish](http://swimoutlet.com/sumterymcaflyingfish)
- Swimmers must be YMCA members on the Flying Fish Swim Team in order to compete
- Swimmers must be registered for a minimum of 2 meets during the season and a member in good standing for a minimum of 90-days in order to qualify for Championships



**SUMTER FAMILY YMCA**

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

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