

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

**Financial Assistance is available to those who qualify through our Open Doors Scholarship program.
Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

SWIM TEAM PRACTICE SCHEDULE - Summer Season 2023

Groups	Day / Time	Cost	Minimum Skill Requirement	Practice Info
Developmental	Monday - Thursday 4:00 - 5:00 pm April 24 - June 1	\$72	-be comfortable treading in deep water - be able to swim a minimum of 30 min non-stop - demonstrate catchability and willingness to learn - demonstrate ability to streamline off the wall - legally & consistently with minimal stroke correction - swim 50 free & 25 back - kick 25 breast & dolphin	- 70% technique & 30% conditioning - average of 600 - 1000 yards - lap swim etiquette - intro to legal breaststroke arms *swimmers may only compete with Coach approval
	Monday - Thursday 8:00 - 9:00 am June 5 - July 20			
Red	Monday - Thursday 4:00 - 5:00 pm April 24 - June 1	\$72	* All Developmental level skills - be able to perform legal turns and starts - legally & consistently with minimal stroke correction -swim 50 free & back -swim 25 breaststroke	- 60% technique & 40% conditioning - average of 1400 - 1900 yards - intro to legal butterfly - learn how to read the clock, independent starts & space intervals
	Monday - Thursday 8:00 - 9:00 am June 5 - July 20			
White	Monday - Thursday 5:00 - 6:30 pm April 24 - June 1	\$88	* All Red level skills - be able to consistently swim 200yds legal free & back - legally & consistently with minimal stroke correction - swim 50 - 100yds breast & fly	- 50% technique & 50% conditioning - average of 2300 - 3400 yards - monitor all time intervals independently
	Monday - Thursday 9:00 - 10:30 am June 5 - July 20			
Blue	Monday - Thursday 5:00 - 6:30 pm April 24 - June 1	\$88	* All White level skills - be able to consistently swim 400-500yds legal free non-stop - legally & consistently with minimal stroke correction - swim 100-200yds of back, breast & fly	- 40% technique & 60% conditioning - average of 3400 - 4500 yards - monitor all time intervals independently
	Monday - Thursday 9:00 - 10:30 am June 5 - July 20			

- We are a year-round swim team with two swim seasons with four levels based on swimming ability
 Winter - August through March (Championships in February) *members only
 Summer - April through July (Championships in July) *open to potential members
- In order to join the swim team each swimmer must have a swim evaluation (by appointment)
- Equipment needed - competition style swim suit, goggles, team cap
- Swimmers must be YMCA members on the Flying Fish Swim Team in order to compete
- \$25 registration fee applied