TEAM LEVELS

CORAL

Members: $200 | Non-Members $350

Description: Entry-level swim team group for swimmers who have just completed swim lessons or are new to swim team. Focus is on developing proper stroke technique and building endurance.

Requirements:

- Must be able to swim 25 yards (the full length of the pool) without stopping.
- Compete in Freestyle and Backstroke only

Ages: 5 to 10 years

Practice Time:
(One day a week)
Mondays | 5:45 to 6:45 PM (Ages 5 to 8)
Thursdays | 5:45 to 6:45 PM (Ages 7 to 10)

Location: South YMCA

SAPPHIRE

Members: $225 | Non-Members $375

Description: Designed for swimmers with some prior team experience who are ready to build strength, endurance, and technique in multiple strokes.

Requirements:

- Must be able to swim Freestyle and Backstroke for 25 yards
- Compete in Freestyle, Backstroke, and Breaststroke

Ages: 7 to 11 years

Practice Time:
(Two days a week)
Tuesdays & Wednesdays | 5:45 to 6:45 PM

Location: South YMCA

EMERALD

Members: $250 | Non-Members $400

Description: Intermediate-level group for swimmers who can perform multiple strokes and are ready to learn all four competitive strokes in greater detail.

Requirements:

- Must be able to demonstrate Freestyle, Backstroke, and Breaststroke
- Will begin learning Butterfly and refine all strokes or 25 yards Compete in Freestyle, Backstroke, and Breaststroke

Ages: 9 & Older

Practice Time:
(Two days a week)
Tuesdays & Wednesdays | 7:00 to 8:15 PM

Location: South YMCA

ONYX

Members: $275 | Non-Members $425

Description: Advanced-level team for experienced swimmers who are confident in all four strokes and ready to train for competitive events and relays. Focus is on speed, endurance, and racing skills.

Requirements:

- Must know all four strokes (Freestyle, Backstroke, Breaststroke, Butterfly)
- Relay-ready swimmers

Ages: 9 & Older

Practice Time:
(Three days a week)

Monday & Thursday | 7:00 to 8:30 PM
Fridays | 6:00 to 7:30 PM

Location: South YMCA