



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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MAKE WAVES!

Monroe County YMCA Tiger Sharks Youth Swim Team

The Tiger Sharks Swim Team provides a safe, fun, and positive atmosphere for youth ages 6-18 to learn and perfect their competitive swimming skills. Tiger Sharks swimmers have opportunities to develop not only swimming skills but also life skills, as the Y aims to cultivate team spirit and engagement. Our coaching staff is passionate about youth development and has helped swimmers accomplish their goals—as simple as swimming in their first meet to achieving a YMCA State qualifying time-cut.

The Tiger Sharks Swim Team runs year-round!

MONTHLY TEAM FEES

Two-Day Practice: \$40

Swimmers in the two-day practice group swim on Monday and Wednesday OR Tuesday and Thursday.

Four-Day Practice: \$80

Swimmers in the four-day practice group will practice on Monday, Tuesday, Wednesday, and Thursday.

Monthly swim team fees are charged on the first of each month and may be paused or canceled with at least one week's notice to the first of the month.

SWIM MEETS

Our swimmers have the opportunity to swim in one YMCA swim meet per month. While practice and swim meet attendance is not required, it is highly encouraged.

See the reverse side for team-level requirements and a full practice schedule.

Please contact Head Coach, Taylor Johnson, at tmjohnson@monroecountyymca.org for more information or to schedule a free swim team tryout!

SWIM TEAM REQUIREMENTS PER LEVEL

BEGINNER Practice Group:

Swimmers must be able to continuously swim 150 meters and have a basic understanding of the standing dive and flip turns. During the 150 meter continuous swim, the swimmer must swim 50 meters of freestyle, 50 meters of backstroke, and 50 meters of breaststroke. This is a beginner group, so we are not looking for a perfect stroke! We just need to know your swimmer has the basic endurance and understanding for a regular practice.

INTERMEDIATE Practice Group:

Swimmers must be able to perform a 200 meter swim under five-and-a-half minutes. They also must be able to complete the following: 100 meter freestyle, 100 meter backstroke, 100 meter breaststroke, and 50 meter butterfly. Proper start and turns are preferred, but not required. This is an intermediate group focused on perfecting stroke, endurance, and speed.

ADVANCED Practice Group:

Swimmers must meet at least one YMCA State qualifying time-cut. This is an advanced group focused on improving speed and endurance.

Practice Schedule

All practices are held at the Southeast Y.

	MON	TUES	WED	THURS
BEGINNER Group	4:15–5:15 pm Main Pool	4:15–5:15 pm Main Pool	4:15–5:15 pm Main Pool	4:15–5:15 pm Main Pool
INTERMEDIATE Group	5:15–6:15 pm Main Pool	5:15–6:15 pm Main Pool	5:15–6:15 pm Main Pool	5:15–6:15 pm Main Pool
ADVANCED Group	6:15–7:15 pm Main Pool	6:15–7:15 pm Main Pool	6:15–7:15 pm Main Pool	6:15–7:15 pm Main Pool