

# STRONG SWIMMERS CONFIDENT KIDS



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## PENOBSCOT BAY YMCA

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Rockport, Maine 04856

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Morgan Schreiber - [sailfish@penbayymca.org](mailto:sailfish@penbayymca.org)

# SWIM TEAM

## SPRING SEASON SAILFISH PROGRAMS

Head Coach: Morgan Schreiber

Assistant Coach: Jacqueline Biddle

### SEASON : APRIL 29 – JUNE 7

When you join the Penobscot Bay YMCA Sailfish Swim Team you will be joining a legacy of some of the top competitors in the state of Maine. Upon joining the Sailfish, swimmers will be placed in a group based on their skill level. Practice routines and times will vary depending on the group they are placed in.

**Prerequisite:** Swimmers must be a Y member in good standing and be willing to participate in fundraising events. Also must complete swimmer evaluation with one of the Y/USA Certified Coaches before signing up for a swim group.

#### BLUE LEVEL

**PREREQUISITE:** Your child must be able to pass the Y swim test. This group is beginner level to intermediate with focuses on stroke development and technique, building endurance, and learning how to be a competitive swimmer. Children need to be able to complete 25-yards of freestyle with rotary breathing and 25-yards of backstroke to qualify for this group. This group is for swimmers who love swimming and want to learn more about competitive swimming and what it's all about.

**Practice:** Tuesday & Thursday: 5:00–6:00 PM

**Cost:** \$120



#### BRONZE LEVEL

**PREREQUISITE:** 2 years of Swim Team preferred with the typical age range being 9–12 year old. Your child must be able to swim 25 yards of all four strokes legally, perform a legal 100 IM, and be able to swim 100 yards continuously of freestyle, backstroke, and breaststroke; however, it is also at the discretion of the Sailfish Coaches. Intermediate level focuses on stroke technique, interval training, building endurance and developing and understanding of race strategy. The Bronze group meets 3x/week and meet participation is expected.

**Practice:** Mon/Wed/Fri: 5:00–6:00 PM

**Cost:** Tier 1: \$160 / Tier 2: \$150 / Tier 3: \$140\*

#### SILVER LEVEL

**PREREQUISITE:** Must currently be in the Sailfish Swim Team's Silver Group/Coach Permission

**Practice:** Monday–Thursday: 3:30–5:00P

**Cost:** Tier 1: \$250 / Tier 2: \$200 / Tier 3: \$180\*

#### GOLD LEVEL

**PREREQUISITE:** Must currently be in the Sailfish Swim Team's Gold Group/Coach Permission

**Practice:** Monday–Friday: 3:30–5:00 PM

**Cost:** Tier 1: \$290 / Tier 2: \$230 / Tier: \$200\*

**\*SEE TIERED PRICING DESCRIPTION ON BACK OF PAGE**





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## TIERED PRICING FOR BRONZE, SILVER, & GOLD

The Penobscot Bay YMCA understands that families have different abilities to pay for swim team. Swim team provides one of the most valuable experiences in your child's life, and we strive to make it attainable for all. Your selection is confidential. Every swim team member experiences the same programs and opportunities, regardless of the tier you select.

**TIER 1:** Most accurately reflects the true cost of swim team for each child, including but not limited to: full-time, year-round head coach, assistant coaches, pool maintenance and upkeep, utilities, insurance, equipment repair, and overhead and depreciation. Please pay this amount if you are able.

**TIER 2:** Reflects the basic cost of swim team for each child, including full-time, year-round head coach, assistant coaches, supplies, and some maintenance.

**TIER 3:** Reflects the most basic cost of swim team for each child, including only full-time, year-round head coach, assistant coaches, and supplies.

As a charitable, non-profit organization, the Penobscot Bay YMCA strives to ensure that no child is denied the life-changing experience of swim team because of an inability to pay. To apply for a scholarship made possible through donations to the YMCA's Annual Campaign, complete the 2019 scholarship application, which is available at any member services desk or [www.penbayymca.org](http://www.penbayymca.org). Applications are reviewed and awarded on a sliding scale based on total family income.

If you've already registered for swim team this session and feel you qualify for a different tier, contact Melissa Bellew at [mbellew@penbayymca.org](mailto:mbellew@penbayymca.org) for assistance. If you would like to make any donation to support families wishing to join swim team who need financial support, contact Melissa.