# PENOBSCOT BAY YMCA
# 2026-2027 Sailfish Swim Team
# TRAINING GROUPS

## BLUE GROUP

Prerequisite of 0-1 years of Swim Team experience. Typical age range 6 - 9 years old. Swimmer must be able to pass the Y swim test and starting tolearn rotary breathing for Freestyle. Swimmer must be able to complete 25 yards of Freestyle and Backstroke to qualify for this group. Group Goals: Beginner level focuses on stroke development and technique, building endurance, and learning how to be a competitive swimmer. The Blue Group meets 2x per week and meet participation is optional.
Practice: Tuesday & Thursday, 3:45 - 4:30 PM
Cost: $425 (Installment payments available.)

## BRONZE GROUP

Prerequisite of 2 years of Swim Team experience preferred. Typical age range 9-12. 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. Group Goals: This level focuses on stroke technique, interval training, building endurance and developing an understanding of race strategy. Due to ongoing learning stroke progressions, the athlete should maintain weekly attendance throughout the duration of the season for maximum development and improvement.
The Bronze group meets 3x per week and meet participation is expected.
Practice: Monday, Wednesday & Friday, 3:40 - 4:30 PM
Cost: $610 (Installment payments available.)

## SILVER GROUP

Prerequisite of at least 2 years of Swim Team experience required. Typical age range 11-14 years old. Swimmers are able to complete a legal 200 IM, have the ability to follow work-outs independently, and have a strong work-ethic. Group participation is also based on the coaches discretion. Group Goals: This group is for motivated athletes who have demonstrated their ability to keep up with the pace of workouts at this level and are looking to achieve National "BB" Times or better in their age group. Four practices per week expected, optional strength training.
Practice: Monday - Friday, 6:00 - 7:00 PM
Cost: $700 (Installment payments available.)

## GOLD GROUP

Prerequisite: Must have obtained at least two times that are equal to or better than the 13 & 14-year-old National Age Group Motivational "BB" Times. Must be at least 12 years or older. Swimmers also must be able to complete the following interval cycle: 10 x 100-yd Freestyle @ 1:30. Group Goals: USA Swimming membership strongly encouraged. Swimmers in this group are passionate, driven, and dedicated to being the best swimmer they can be. This group is designed for current/future Sectional or National qualifiers as well as swimmers who plan to swim in college; it is high intensity, highly technical, and focused on the three main areas of improvement in swimming: Technique, Strength, and Endurance. 100% practice attendance expected. Five afternoon practices a week, and strength training and/or yoga strongly recommended.
Afternoon Practice: Monday - Friday, 4:30 - 6:00 PM
Cost: $745 (Installment payments available.)

NOTE: A high school rate of $645 is available for those on both the Sailfish Gold Group and High School teams

**Our Y is committed to ensuring access for all. Please inquire about Financial Assistance if you are in need.**

**Revised: Sept. 2026**