

Swimmer Qualifications

Swimmers who participate with the Sharks shall meet the following requirements:

- Are between the ages of 4 and 21.
- Have passed the YMCA's "Test. Mark. Protect." swim test.
- Have an active Central YMCA membership & have paid the required swim team fees. (Financial aid is available.)

Group Qualifications

The Sharks offer practice groups for swimmers of varied skill & age levels. It is our goal to provide training that is skill level appropriate & challenging so that each athlete can reach their goals.

- **Grey Group:** Swims 3 days per week, able to swim a 25 forward crawl or backstroke, may have a basic understanding of additional strokes
- **Bronze Group:** Swims 3 days per week, legal in 3 of 4 strokes, building endurance, working on starts and turns, learning to read a pace clock.
- **Silver Group:** Swims 5 days per week, legal in all 4 strokes, able to perform starts & turns legally for all strokes, able to read a pace clock.
- **Gold Group:** Swims 5 days per week, participates in high intensity and challenging workout. Goal of making a zones cut.

TEACHING CHARACTER THROUGH EFFORT

Our focus, first and foremost, is on the development of healthy, confident, value-centered individuals. Training and competition are the vehicles by which this development occurs.

Registration: Registration for returning swimmers begins 8/7, new swimmers can register beginning 8/14. Must be done in person only at Central or Jackson R Lehman YMCA's. Register early, as we have had a waiting list in the past.

Swim Assessments: Only new swimmers or returning swimmers hoping to move up a group must be assessed.

Swim Assessment Dates: Central Y- August 7th and 8th from 5:30-7:30 pm or Jackson Y August 9th and 11th 5:30-7:30 pm

Team Season: Sept. 5- March 2023: Swim meets begin in October with YMCA Indiana State Championship

Please contact Head Coach

Lynnette Swineheart

ldswineheart@gmail.com

if you have questions.

FWCY SHARKS SWIM TEAM

2023-2024



**Central YMCA and
Jackson R Lehman YMCA
Fort Wayne, IN
260-422-6486
260-755-4949**

BECOME PART OF SOMETHING GREATER

At the Y, you are not just a member of a team; you are part of something greater. You help fulfill our cause.

Our Cause

At the Y, we strive to strengthen the community. Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income, or ability, has the opportunity to learn, grow, and thrive.

We are a leading nonprofit that offers opportunities:

- **FOR YOUTH DEVELOPMENT**
Nurturing the potential of every child and teen.
- **FOR HEALTHY LIVING**
Improving the nation's health and well-being.
- **FOR SOCIAL RESPONSIBILITY**
Giving back and providing support to our neighbors.

Our Values

- **CARING**
To love your neighbor as yourself.
- **HONESTY**
To be truthful in words and actions.
- **RESPECT**
Hold people and the environment in high regard.
- **RESPONSIBILITY**
Lead with your words, actions and attitudes.

Y Membership Rates

Type	Description	Monthly Rate
Student	Full-time students through age 25	\$27.50
Household	Two adults & IRS dependent(s)	\$85.00
1 Adult Household	1 adult & IRS dependent(s)	\$68.00

Practices

All swim practices are held at either the Central Branch or the Jackson R Lehman YMCA. These facilities provide 25-yard practice pools, in addition to other recreation & fitness training opportunities .

JRL Grey and Bronze: Mon, Weds, Fri
Central Grey and Bronze: Mon, Tue, Thu
Silver: Monday-Friday
Gold: Monday- Friday

Practice times vary depending on group. All practices are complete by 8:00 pm during the week.

The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. We believe that everyone in our community deserves the opportunity to become a part of our team and to have access to the services we provide. That is why we will never turn anyone away due to inability to pay. If you would like to privately discuss our levels of assistance, please call, stop by the Member Services desk at any branch.

Swim Team Program Rates

In addition to the YMCA membership fee, the following swim team program fees apply depending on training group:

Grey Group: \$400 for season
Bronze Group: \$400 for season
Silver Group: \$450 for season
Gold Group: \$500 for season

Training groups vary according to duration, frequency, intensity and swimming proficiency.

If you receive financial aid, it will be applied accordingly.

High School Swimmers

Athletes who also swim for their high school are limited in their participation for meets and practices. In accommodation to these swimmers, the program fee is \$165 for those who elect to swim for both teams.

Swim Meets

The Sharks swim a competitive meet schedule. Dual/Tri meets and invitationals are held on Saturdays with 2-3 meets per month. We compete with teams in Indiana and Michigan. Travel times to away meets are generally two hours or less. Transportation is not provided.

- For State Championship & invitational meets, there is a fee to participate and will be announced with meet registration.
- We encourage every swimmer to attend at least 1/3 of all meets, as this is a team sport & we would like the swimmer to recognize their investment in practice.