

## Swimmer Qualifications

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

- Are between the ages of 4 and 21.
- Have passed the YMCAs "Test. Mark. Protect." swim test.
- Have an active Central or JRL YMCA membership & have paid the required swim team fees.  
(Financial scholarship 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 strokes
- **Bronze Group:** Swims 3 days per week, legal in 3 of 4 strokes, building endurance and technique
- **Blue Group:** Swims 5 days a week, legal in all 4 strokes. Building endurance \*JRL only
- **Silver Group:** Swims 5 days per week, legal in all 4 strokes, building endurance and intensity. Goal of making a zones cut.
- **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.

**Registration:** Registration for returning swimmers begins 8/14, new swimmers can register beginning 8/18. Must be done in person only at Central YMCA or Jackson R. Lehman YMCA. 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 as-sessed.

**Swim Assessment Dates:** Central YMCA August 11 & 12 or Jackson R. Lehman YMCA August 8 & 13, 5:00-7:00pm

**Please contact Head Coach**

**Lynnette Swineheart**

**ldswineheart@gmail.com**

**if you have questions.**

## FWY SHARKS SWIM TEAM

### 2025-2026



**Central YMCA and  
Jackson R Lehman  
Family YMCA  
Fort Wayne, IN**

## 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 non-profit 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	\$29.00
Household	Two adults & IRS dependent(s)	\$89.00
1 Adult Household	1 adult & IRS dependent(s)	\$71.00

## 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

JRL Blue: Monday – Friday

Silver: Monday – Friday

Gold: Monday – Friday

Practice times vary depending on group.

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 or visit the website at [www.fwymca.org](http://www.fwymca.org).

## 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

Blue Group \*JRL only: \$450 for season

Silver Group: \$500 for season

Gold Group: \$550 for season

\$50 registration fee will be applied per family

## 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, we offer two options.

HS at JRL Tues/Thurs: \$125

HS at Central Mon-Fri: \$165

## 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.