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GROW SKILLS BUILD CONFIDENCE MAKE FRIENDS

Altavista Area YMCA Dolphins Swim Team



Bronze Practice Group

Ages: 4–12 | Practice: Tuesday & Thursday, 4–5 PM

For novice swimmers ready to build a strong swimming foundation. Bronze swimmers learn the basics of all four competitive strokes — freestyle, backstroke, breaststroke, and butterfly — while developing proper technique, starts, turns, and overall endurance. Coaches use fun drills and teamwork activities to help each swimmer grow in confidence and skill.

Monthly Fee: \$40

Silver Practice Group

Ages: 8–18 | Practice: Monday–Thursday, 5–6 PM

For developing swimmers with some swim team experience. Silver swimmers refine technique in all four strokes, improve endurance with freestyle and IM training, and learn race strategies, starts, and turns. Practices build teamwork, confidence, and smart swimming habits that prepare athletes for competition.

Monthly Fee: \$60

Gold Practice Group

Ages: 12–18 | Practice: Monday–Thursday, 5–6 PM

For experienced swimmers ready for advanced training. Gold swimmers fine-tune stroke techniques through challenging sets, race strategies, and advanced endurance training. Athletes focus on personal goals, pacing, and relay exchanges while building strong teamwork, time management, and mental preparation for meets.

Monthly Fee: \$70

A one-time joining fee of \$50 applies when you sign up.

Monthly fees are drafted automatically: Bronze \$40 | Silver \$60 | Gold \$70.

Please see back for practice group requirements and registration details.

Practice Group Requirements

Prerequisites for the Bronze Practice Group

Ages: 4–12 | Practice: Tuesday & Thursday, 4–5 PM

- Must be able to perform legal freestyle and backstroke for 25 yards, and be able to tread water for 1 minute.
- Must be able to demonstrate knowledge of butterfly and breaststroke.
- Ability to jump/dive off pool's starting block.
- Ability to focus and follow instructions for 60 minutes.
- Demonstrates general knowledge of rotary breathing.

Prerequisites for the Silver Practice Group

Ages: 8–18 | Practice: Monday–Thursday, 5–6 PM

- Able to legally perform all 4 strokes.
- Must be able to swim 100 yards of backstroke and freestyle.
- Must be able to swim 50 yards in butterfly and breaststroke.
- Must know how to read a pace clock.
- Must know how to perform a proper and safe dive.

Prerequisites for the Gold Practice Group

Ages: 12–18 | Practice: Monday–Thursday, 5–6 PM

- Must be able to swim 200 yards of freestyle and backstroke.
- Must be able to swim 100 yards in butterfly and breaststroke.
- Must read a pace clock and swim intervals without coach assistance.
- Must be able to demonstrate a breaststroke pullout.
- Ability to swim a 100 IM in 1:45.

Registration Details

- **One Time Joining Fee:** A \$50 joining fee is due at registration.
- **Monthly Dues:** Swim team dues will be drafted automatically each month from a card or bank account.
- **Registration Period:** Registration is OPEN August 4th through September 30th.
- **Free Trial:** Swimmers may attend the first 2 weeks free of charge to ensure proper group placement and fit. This trial runs from September 15th –25th with final decisions and payment due no later than September 28th.
- **Required Practice Equipment:** All swimmers are required to have fins, goggles, caps, and a wet bag or another way to properly store and organize personal equipment. Silver Practice Group will also need paddles. Gold Practice Group will need a snorkel in addition to paddles. Equipment can be bought through the Altavista Area YMCA or through websites such as Swim Outlet. Used and discounted fins and paddles are available to purchase through the swim team at a limited amount.

The Altavista Area YMCA is proud to offer financial assistance through the E.R. English Fund for families who may need support. Scholarships can cover up to 50% off monthly swim team fees and must be approved prior to registration.