



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL CHANGES, BIG IMPACT

UNDERSTANDING THE FEE ADJUSTMENTS

To keep our program strong and sustainable, we’ve adjusted the monthly fee and added a one-time registration fee. These updates allow us to cover:

- Dryland training equipment
- Increased meet entry fees
- Additional coaching time and resources
- Expanded meet opportunities

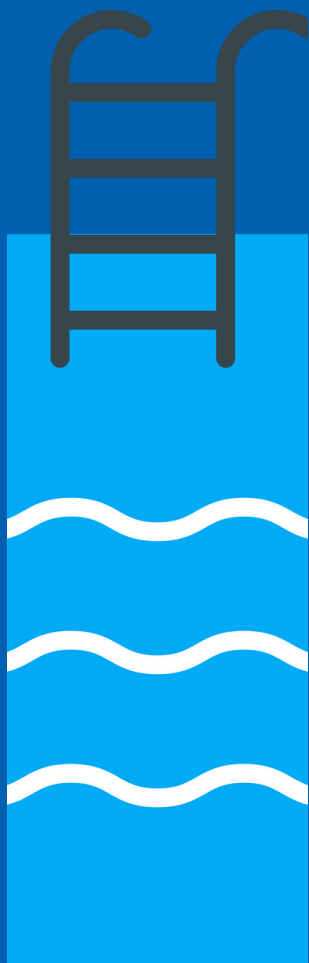
We appreciate your understanding and continued support. These updates help us provide a swim team experience that’s structured, supportive, and focused on developing confident, capable athletes at every level.



EXTENDED SEASON

We’ve added 6 additional weeks of coaching to this year’s swim team season- giving swimmers more time in the water, more personalized instruction, and greater opportunity for progress and growth.

This also allows for more focused preparation before our first swim meet, helping set the tone for a strong, confident start to the season.

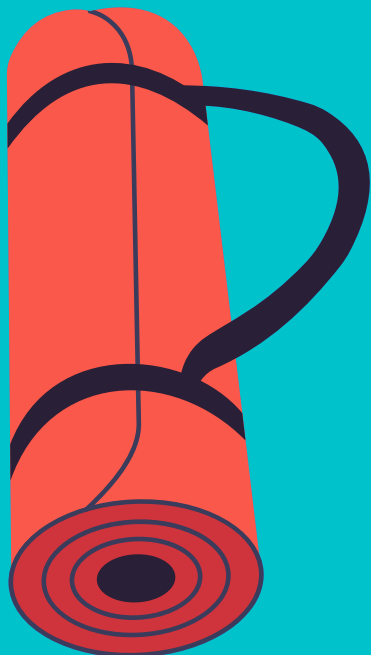


DRYLAND TRAINING

This season, we’re introducing structured dryland sessions for all swim team levels, including high intensity training, yoga for swimmers, and resistance training. These sessions support:

- Full body strength and endurance
- Flexibility and injury prevention
- Overall performance in the water

To offer this enhanced training experience, we’ve invested in equipment such as resistance bands, yoga mats, bosu balls, and other tools.



MORE COMPETITIVE OPPORTUNITIES

All swimmers will have the opportunity to attend additional invitationals and meets this season. These events help athletes: gain valuable racing experience, set and track individual goals, strengthen team spirit and camaraderie, and prepare for higher levels of competition.

Meet entry fees are set by host teams and have continued to rise. The updated fees help us plan ahead and continue providing these opportunities without passing along surprise costs mid-season.



PRACTICE GROUPS: BRONZE, SILVER, & GOLD

Swimmers will be placed into Bronze, Silver, or Gold groups based on age and current stage of skill development. This structure allows us to tailor practices so swimmers get the right level of challenge at the right time — keeping swimming fun, safe, and sustainable.

Practices are designed to:

- Support each swimmer’s growth and technique
- Provide instruction that meets their needs
- Build confidence and a lasting love for the sport

Proper placement helps prevent injury, correct bad habits before they form, and ensure every athlete is set up for long-term success — both physically and emotionally.



COST SUPPORT

Two- Week Free Trial

Swimmers who begin on the regular season start date of September 15th will receive the first two weeks free- with no payment drafted until October 1st. It’s a great way to dive in and experience the program before committing financially.

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.

