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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. These updates allow us to cover:

- An expanded coaching team
- Rising meet entry fees and competition costs
- Dedicated pool space and smaller practice groups

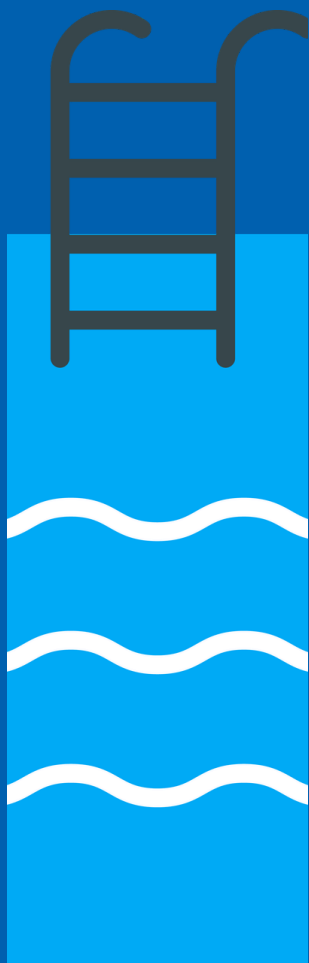
We appreciate your understanding and continued support. These updates help us provide a swim team experience that's structured, supportive, and focused on developing confident, capable athletes at every level.



## DEDICATED PRACTICE SPACE

During swim team practices, the pool is reserved exclusively for our team. Without sharing lane space, swimmers benefit from:

- More room to train
- Smaller groups in each lane
- More individualized coaching
- Increased stroke technique instruction and feedback



## EXPANDED COACHING TEAM

Building on the success of last season, we're expanding our coaching team to provide an even stronger training experience.

- Third coach added for more individualized instruction.
- Expanded practice time for Silver & Gold.
- Smaller Bronze groups with increased coach attention.
- Experienced YMCA coaches committed to developing confident, technically sound swimmers.



## MEET FEES REMAIN INCLUDED

- Meet entry fees remain included in your monthly dues.
- As the cost of hosting swim meets continues to increase, entry fees have risen across the league to help cover the expenses of running quality competitions.
- This adjustment allows us to continue including meet entry fees in your season cost without additional charges throughout the 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 14<sup>th</sup> will receive the first two weeks free- with no payment drafted until October 1<sup>st</sup>. 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.

