

WYS Swim Team 2022

****To register for WYS Lessons, please click on the [Lesson Registration tab](#) on the WYS website homepage****

Swim team is for swimmers ages 4-16 on Tuesdays and Thursdays. Practice will be 45 min long. Swim meets occur on Thursday afternoons at 4pm and we compete against LaRonde, Swordfish and Surf Club. Swimmers ages 4, 5, 6 will swim with a kickboard and freestyle the width of the pool. Swimmers ages 7-16 swim the 4 strokes the length of the pool; butterfly, backstroke, breaststroke, and freestyle. It is imperative that your swimmer can swim the 4 strokes. Swim team practices are not a replacement for swim lessons. Swimmers 8 and under MUST take swimming lessons to be able to participate in the swim team.

Each session is 4 weeks long. The first session is June 27 to July 22

The second session is July 25 to August 19.

PRICE: \$150.00 per session

Time	Description
9:00-9:45am Maximum – 20 swimmers PRICE: \$150.00 per session	This class is for advanced swimmers to work on drills and specific techniques to increase the swimmers speed and endurance. Swimmers in this class are advanced in all 4 strokes. Usually ages 11-16, but there may be exceptions. Sailors that sail in the afternoon are expected at this class.
9:45-10:30am Maximum – 16 swimmers PRICE: \$150.00 per session	This class is for swimmers who are proficient in all 4 strokes and need some technique refinement, or proficient in freestyle, backstroke and breaststroke and need to work on some of the butterfly skills. Age range is usually 7 -10. Sailors that sail in the afternoon are expected at this class.
10:30-11:00am Maximum – 12 swimmers PRICE: \$150.00 per session	This class is for 4-6 year olds. Children swim the width of the pool and practice jumps in the shallow end. Swimmers swim freestyle and with a kickboard.
11:30-12:15pm Maximum – 20 swimmers PRICE: \$150.00 per session	This class is for advanced swimmers to work on drills and specific techniques to increase the swimmers speed and endurance. Swimmers in this class are advanced in all 4 strokes. Usually ages 11-16, but there may be exceptions. Sailors that sail in the morning are expected at this class.
12:15-1:00pm Maximum – 16 swimmers PRICE: \$150.00 per session	This class is for swimmers who are proficient in all 4 strokes and need some technique refinement, or proficient in freestyle, backstroke and breaststroke and need to work on some of the butterfly skills. Age range is usually 7 -10. Sailors that sail in the morning are expected at this class.