

REGISTRATION FEES 2011-12 SEASON

First child: \$350

Each additional child: \$290

Free T-shirt to any athlete who joins by
Sept. 24, 2011. Pay in 3 installments.

ADULT FITNESS SWIM:

Y Members: \$70/session

Non Y members: \$105/session

HS LITE SWIMMING & DIVING:

Y Members: \$100

Non Y members: \$150

**Monthly Y membership required
for the youth swim team.**

**Y Youth Membership : \$17.00 per
month.**

JOIN US ANY TIME!



mqtyswim.com



1420 Pine Street
Marquette MI 49855



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA MQT SWIM TEAM

Whether it's for fun, fitness or to reach personal goals, we offer a program that is right for you.

- "Future Stars"
- Age Group Development
- Advanced Competitive Team
- High School & HS "Lite"
- Adult Fitness Swimming

ADULT FITNESS SWIMMING

Want to improve your fitness through swimming or maybe prepare for a triathlon? We can help. Swim in a fun, healthy and relaxed program designed for all skill levels. Sessions are very flexible and cater to ability. Max enrollment per session is 12.

	DAY	TIME	POOL
Session 1 Practice Schedule Sept. 26 — Nov. 4			
SWIM	Mon & Wed	3-4 pm or 6-7 pm	MSHS
Session 2 Practice Schedule Nov. 8 — Dec. 21			
SWIM	Mon & Wed	5:45-7pm	MSHS

A Commitment to Excellence

Our mission is to offer all athletes the opportunity to reach their potential in an environment that promotes a healthy and active lifestyle.

“FUTURE STARS”

This program is designed for children ages 8 & under who are new to the sport of swimming. An emphasis is placed on developing proper swimming skill and self-confidence in an environment rich with opportunities for making new friends and having fun.

	DAY	TIME	POOL
Practice Schedule Sept. 24 — Feb. 23 Attend any 2-3 per week			
<u>Ages 5-8</u>	Mon	5:30-6:15pm	NMU
	Tue & Thu	5:30-6:15pm	Y
	Fri	5:30-6:15pm	MSHS

Note: Friday time changes to 5:45-6:30 Nov. 7 through Feb. 21.

COMPETITION CHOICES

Our athletes compete on a local, regional and national level depending on their skill and personal goals. We teach our youngest swimmers the joy of competition through games and intersquad events. Athletes move on to larger events when they are ready for the challenge and excitement.

AGE GROUP DEVELOPMENT

This group is for beginners ages 9 & older as well as athletes with intermediate skills. Practice time is dedicated to skill improvement, aerobic development, knowledge of competitive rules and fun. Swimmers also learn about goal setting and race pacing. *Athletes 11 & older also have a strength training option.*

	DAY	TIME	POOL
Drills and Skills week Sept 19-23			
<u>Swim</u>	M-W-F	5:30-7pm	NMU
Practice Schedule Sept. 24 — Nov. 5 Attend any 3-5 per week			
<u>Swim</u>	M & W	4:30-6:00	MSHS
	Tu & Th	5:30-7pm	MSHS
	W & Fri	5:30-7pm	NMU
<u>Strength</u>	M & W	4:15-5:00pm	Y
Practice Schedule Nov. 7 — Feb. 21			
<u>Swim</u>	Tu—Fri	5:30 - 7pm	NMU
<u>Strength</u>	M & W	4:15-5:00pm	Y
Practice Schedule Feb. 22 — Mar. 8			
<u>Swim</u>	Mon — Thu	5:30-7 pm	MSHS

ADVANCED COMPETITION

This training group is for advanced swimmers age 10 & older, high school and college-age athletes. Advanced training concepts, race strategies and strength training are added to technical skill and endurance. Self motivation and dedication is a must. Athlete must meet qualifying standard to be eligible.

	DAY	TIME	POOL
Practice Schedule Sept. 12 — Sept. 23 Attend any 5-7 per week			
<u>Swim</u>	Mon-Fri	3-5pm	MSHS
Practice Schedule Sept. 24 — Nov. 5			
<u>Swim</u>	Tu-Th-F	3-5:30pm*	MSHS
	M & W	5:30-7pm	NMU
<u>Strength</u>	M & W	4:15-5pm	Y
Practice Schedule Nov. 7 — Feb. 21			
<u>Swim</u>	Tu-Th-F	5:45-7:45pm	MSHS
	M & W	5:30-7pm	NMU
<u>Strength</u>	M & W	4:15-5:00pm	Y
Practice Schedule Feb. 22 — Mar. 15			
<u>Swim</u>	Mon - Fri	5:15-7:15pm	MSHS

HIGH SCHOOL “LITE” SWIMMING & DIVING

Thinking about joining a high school swim team and want to “test the waters?” Want to prep for high school without the full season commitment to a club team? This program is six weeks, two days per week after school. Prepare with a professional and enthusiastic coach. A great way to try the sport or improve your fitness. Includes springboard diving for grades 5-12. The time was chosen to work around student and marching band schedules. Minimum enrollment of 8 athletes needed.

	DAY	TIME	POOL
Session 1 Practice Schedule Sept. 24 — Nov. 5			
<u>Swim</u>	M & W	3:30-5 pm or 4:30-6 pm	MSHS
<u>Dive</u>	M & W	4:30-5:45 pm	MSHS

Note: This is a stand-alone program and participants are not eligible for YMCA competition or other swim team member benefits. Upgrade to full team is available.