

WYS Swim Team Lessons 2025

The 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 4 pm 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.

Tues/Thurs: 9:00-9:45am, 11:30-12:15pm, 1:30-2:15pm

Maximum: 20 swimmers

Ages: 11-16

PRICE: \$200.00 per session

Description: This class is for **advanced swimmers** to work on drills and specific techniques to increase the swimmer's speed and endurance. Swimmers in this class are advanced in all 4 strokes. Usually ages 12-16, but there may be exceptions.

Sailors that sail in the afternoon are expected at this class.

Tues/Thurs: 9:45-10:30am, 2:15-3:00pm

Maximum: 16 swimmers

Ages: 7-10

PRICE: \$200.00 per session

Description: 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.

Sailors that sail in the afternoon are expected at this class.

Tues/Thurs: 10:30-11:00am, 1:00-1:30pm

Maximum: 12 swimmers

Ages: 4-6

PRICE: \$200.00 per session

Description: 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.