



Kingston Y Developmental Swim Team Information

The Kingston YMCA will provide a Developmental Swim Team beginning Tuesday, September 7th @ 5:30pm-6:15pm.

During the week of Sept 7 – Sept 10 all swimmers between the ages of 6-16 will be evaluated and are asked to be here Wed., Thurs. and Fri. from 5:30-6:15pm. Children will then be placed into groups and lane assignments according to their swimming ability. Practices will be assigned within the below time frames.

Monday 5:30pm 7:00pm

Weds.5:30pm- 6:30pm

Thursday 5:30pm -6:30pm

Friday 5:30pm -7:00pm

All swimmers will have the opportunity to swim each of the four weekly practices; however it is not mandatory to attend every night.

The goal for the first year of the Kingston YMCA team is to concentrate on the four competitive swim strokes, turns, and basic starts.

Currently we are looking into joining a YMCA competitive swim league. This would enable our swimmers to compete against other YMCA teams in the area. However the Kingston YMCA Swim team is only in the beginning stages and a competitive league may be a goal for future years. Our hope this year is to provide a quality coaching staff in a safe environment, promote teamwork, improve swimmers strokes, and of course have fun.

A parents meeting will be held on Monday, Sept 13th during practice to review the previous week and to give additional information about the swim developmental team. All participants must be YMCA members. Register today.

Fees: \$80.00 per 8 week session.

We look forward to swimming with you.

Carol Vigeant, YMCA Aquatics Director