FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMPETITIVE SWIMMING OPPORTUNITIES

8/11

Green Bay YMCA Swim Team (Ages 6-18)
The Green Bay YMCA Swim Team is a year-round program that competes at local, state and national levels. Practice groups are divided based on age and ability. A swimmer may join the team at age 6. The minimum requirement is the ability to swim an unassisted length of the pool (25 yards). All swim team members, must be Green Bay YMCA members and pay the Swim Team fee. The Fall/Winter season runs from October – March and the Spring/Summer season runs from May-July. New swimmers may join the team at any time of the year, by contacting the Director of Competitive Swimming, Dave Korst (920) 436-9624.

Bronze (Ages 6-14)
The Bronze Team is the practice group for the swimmer who has never been on a swim team or for ages 6-8. Practice time is devoted to learning the four competitive strokes (Freestyle, Backstroke, Breaststroke, & Butterfly) and fundamental swimming skills such as starts and turns. Swimmers are also introduced to endurance training. Three practice sessions are offered every week. Bronze swimmers are full members of the Green Bay YMCA Swim Team and are welcome to participate in swim meets, but swim meet participation is not required. As Bronze Swim Team members progress, coaches will recommend that they move to the Silver Team.

Silver/Gold III (Ages 8-15)
The Silver Team is the practice group of the swimmers who are ages 8-15, who have competitive swimming experience. Practice is focused on endurance training, continual teaching of the four competitive strokes (Freestyle, Backstroke, Breaststroke, & Butterfly) and fundamental skills such as starts and turns. Silver swimmers also learn strategies of racing. Four practice sessions are offered every week. Meet participation is recommended but not required.

Gold/Gold III (Ages 10-18)
The Gold Team is the practice group for ages 10-18 who have competitive swimming experience. Practice time is devoted to endurance training, continual teaching of the four competitive strokes and fundamental swimming skills such as starts and turns. Gold swimmers continue to learn and master racing strategies. Five practice sessions are offered every week. Swim meet participation is recommended, but not required. Gold III swimmers will have practices scheduled with the Silver group.

Other Competitive Swimming Opportunities

Silver Sharks (Ages 6-14)
This program is offered in Summer (June & July) and Fall (Sept. & Oct.) and it meets two or three times a week. It is geared toward the swimmer who wants a change from progressive swimming lessons or is planning to join the Swim Team. The minimum requirement for a Silver Shark participant is the ability to complete an unassisted length (25 yards) of the pool. This program is taught by the Green Bay YMCA Swim Team coaching staff and is highly recommended to all swimmers who are planning to swim competitively. Participants are given a complete introduction to competitive swimming, including the four competitive strokes, starts, turns and endurance training. See the Program Guide for registration information.

Competitive Stroke (Ages 6-13)
This program is an instructional 7-week class at the Broadview YMCA. It is taught by the Green Bay YMCA Swim Team coaching staff and provides an optional experience for swimmers who can swim one unassisted length of the pool. Swimmers are introduced to the four competitive strokes, starts, turns and endurance training. Check the Program Guide for details.

Pre-Season Stroke Clinics (for current swim team members only)
These clinics are offered in the Spring and Fall (April-May & Sept-Oct.). These clinics are devoted to the basic strokes, starts, and turns. This program is taught by YMCA swim team coaches, and is open to current members of any swim team.

For additional information on any of the above competitive swimming opportunities or joining the Swim Team, contact Dave Korst, Director of Competitive Swimming at the Downtown YMCA, (920) 436-9624.
(Participants in all of the above programs should bring goggles.)

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 920-436-9622.