

**PRE-TEAM (non-competitive) \*\*NEW\*\*** –

The Pre-Team will be for swimmers age 6-12 that might not be ready for the competitive team. It is a low-pressure approach with instruction of the 4 competitive strokes, starts and turns. The group will cover fun filled training drills and a positive atmosphere. The opportunity to participate in a YMCA dual meet may be available for those the coaching staff feels are ready.

The Pre-Team will run 2 sessions throughout the year –

17-week session (*November 2<sup>nd</sup> – February 28<sup>th</sup>*)

12-week session (*May 3<sup>rd</sup> – July 25<sup>th</sup>*)

- To be placed in this group, swimmers must be able to swim 25 yards continuously and be comfortable in deep water.