

## **Below is an explanation of the Groups for the Flint YMCA Falcons and the training fees associated.**

**Bronze Group:** This is designed for the 8 and under swimmer, or the 9/10 year old who is new to competitive swimming. No one over age 10 will be allowed in this group. It will be geared to instruction of younger children and will incorporate fun activities to make the experience a great one! This group will meet 3 days a week (refer to the online calendar for exact times and locations).

**Training Fees: \$415** (Season starts 9/11/17 and runs until the end of February.)

**Silver Group:** This group is designed for the 9 and over swimmer who is looking to improve their starts, turns and stroke technique, but is not quite ready for the higher level of competition yet. (8-year-olds may be in this group with coach approval). This group will meet 4 days a week (refer to the online calendar for exact times and locations).

**Training Fees: \$650** (Season starts 9/11/17 and runs until the end of February.)

**Gold Group:** This group is designed for the 9 and over swimmer who has a few years of swim team experience and is ready for the higher level of competition (i.e. state qualifiers and those close to their times). This group will meet 5-6 days a week and incorporated dryland strength training a couple days per week (refer to the online calendar for exact times and locations).

**Training Fees: \$790** (Season starts 9/5/17 and runs until the end of February, unless the swimmer has time cuts for additional championship meets.)

**Senior/National Group:** This group is for the swimmer with National time cuts, and or the high school aged swimmer with swim team experience. This group has limited space, so we may have to split it up if necessary. This group will meet 5-6 days a week and have the option for morning practices for weight training (refer to the online calendar for exact times and locations).

**Training Fees: \$870** (Season starts 8/28/17 and runs until the end of February, unless the swimmer has time cuts for additional championship meets. National swimmers continue until the first week of April.)

**High School Boys:** This group is designed for the swimmer who swims on a high school boys team, but fits into the "Senior/National Group" above.

**Training Fees: \$610** (Season starts 8/28/17 and runs until High School season starts—boys are expected to return for championship meets if they have time cuts).

**High School Girls:** This group is designed for the swimmer who swims on a high school girls team, but fits into the "Senior/National Group" above.

**Training Fees: \$660** (Season starts as soon as High School season ends and runs until the end of February, unless the swimmer has time cuts for additional championship meets).