**PRACTICE GROUPS**

Due to COVID-19 we are limited on the number of swimmers we can have in the pool at a time. Therefore, it is important that each swimmer sign up for their appropriate swim level. All practice group changes are subject to coaches’ discretion. The following guidelines are to help your swimmer know what they must be able to do to move up.

**White Group: $225 (meet 3 times a week)**

Streamline on front and back. 25 freestyle with rotary breathing and 25 backstroke, without grabbing the wall/lane line. Rudimentary knowledge of breaststroke and butterfly. Dives off the side and jumps from the blocks. Can tread water for 90 seconds. Shows respect to coaches by paying attention to them in between sets, and tries to complete every set.

**Blue Group: $225 (meets 3 times a week)**

100 freestyle, 100 backstroke, 25 legal breaststroke, and 25 legal butterfly. Dives off the block. Proficient open turns. Completes or tried to complete every set. Shows respect to coaches by paying attention to them between sets.

**Junior Group: $275 (meets 5 times a week)**

200 freestyle, 200 backstroke, 100 breaststroke, 100 individual medley and 50 butterfly. Proficient breathing on all strokes. Proficient flip turns. Completes or tried to complete every set. Shows respect to coaches by paying attention to them between sets. Tries to attend most meets.

**Senior Group: $300 (meets 6 times a week)**

1000 freestyle, 200 backstroke, 200 breaststroke, 100 butterfly and 200 individual medley. Tries to make it to every practice. Completes or tries to complete all swim sets. Tries to attend most meets. Assists with younger practice groups.

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<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td>No Practice</td>
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<td>Blue A</td>
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<tr>
<td>Blue B</td>
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*Senior A morning practice will be 6:00 – 6:50am while school is in session and will switch to 7:00 – 7:50 am when summer break begins.*

**Focus:** All groups will focus on technique and aerobic development. There are no meet competitions currently scheduled. We will be working with other local teams to look for ways to have the athletes compete.

**Cancellation and refund policy:** Program fees are expected to be paid in full prior to the start of the program unless a payment plan agreement has been filled out. The Sanford-Springvale YMCA program fees are non-transferable and non-refundable. We reserve the right to cancel, reschedule, or combine practice groups. Space is limited in the practice groups; three unexcused absences may result in the forfeit of your swimming slot. In this case, no make-ups will be provided and there will not be a credit/refund option. Any changes to the practice schedule, including cancellations, you will be notified via email. We will make every effort to give as much advanced warning as possible. Additionally, no refund or credit will be issued for individual practices missed and make-ups will not be an option.