



RAYS SWIM TEAM

BRONZE GROUP: Our beginner swim team group is a small group size to help each swimmer learn the strokes and techniques to prep them for the more advanced groups. Swimmers are expected to have knowledge of all four competitive strokes. This group competes in all YMCA Rays Swim Team meets, away and at home.

Practices: Monday-Thursday 4:30pm - 5:15pm

SILVER GROUP: Our moderate swim group. All of our groups range in ages from 5 to 18 years old. Our groups are based off ability, not age of each swimmer. This group will swim 1000 – 1500 yards per practice. Swimmers are expected to have knowledge of all four competitive strokes. This group competes in all YMCA Rays Swim Team meets, away and at home.

Practices: Monday - Thursday 5:15pm - 6:00pm

GOLD GROUP: Our most advanced group, swimmers are expected to be on time for practice, be prepared to swim and work hard. Swimmers in this group will swim 2000 - 3000 yards per practice. Ages range from 5 to 18 years old. This group competes in all YMCA Rays Swim Team meets, away and at home.

Practices: Monday - Thursday 6pm - 7pm

Schedule a try-out today with Coach Julio!



COST: \$330 per season

Winter Season: January 8-April 30

Spring Season: May 1-August 29

Fall Season: September 1-December 19

Head Coach Julio Cesar Fuentes

jfuentes@ymcaspbc.org

(561) 536-1405

YMCA Membership required to join the TEAM