

SMAC Groups, Times, & Costs

Mini Marlins

Ages 4 to 9 years

This is a beginner-level swim team that guides young athletes looking to make the transition from swim lessons into the SMAC Swim Team. To join, swimmers must either complete the Minnow Swim Lesson class or be able to swim two lengths freestyle, two lengths backstroke, and at least attempt the butterfly and breaststroke. This session is designed to condition the swimmer and refine the four basic competitive strokes.

Mon/Weds, 4:00-5:00 p.m.

Fall Session runs September 14th – December 9th \$175

Age Group I

Ages 6 to 10 years

This is the first level of the SMAC swim program. The focus of this group will be on building the fundamentals of all four competitive strokes, as well as improvement of starts and turns. Swimmers will be introduced to training concepts, pace clock usage, and overall swimming terminology. Three practices a week are recommended but not required for this group. Swimmers must be familiar with all four competitive swim strokes for acceptance into this group.

Mon/Wed/Fri, 4-5 p.m. | **Sat** 9:30-10:30 a.m.

Annual pd in full:	\$693
Annual monthly bank drafts:	\$63
10 Month program pd in full:	\$660
10 Month program monthly bank drafts:	\$66
7 Month program pd in full:	\$483
7 Month program monthly bank drafts:	\$69

Age Group II

Ages 9 to 12 years

This is the second level of the SMAC age group swim program. This will be for swimmers with a proven record of practice consistency, meet participation, and achievement. A strong emphasis will be placed on stroke technique as well as overall conditioning. Four out of six practices per week are recommended. Participation in all team meets is highly encouraged.

Mon/Wed/Fri 7-8:15 p.m. | **Tues/Thurs** 4:30-6:00 p.m. | **Sat** 10:30 a.m. to noon

Annual pd in full:	\$803
Annual monthly bank drafts:	\$73
10 Month program pd in full:	\$760
10 Month program monthly bank drafts:	\$76
7 Month program pd in full:	\$553
7 Month program monthly bank drafts:	\$79

Gold

Ages 10 to 13 years

This training group is for swimmers, who have a proven record of commitment, hard work and achievement. These should be swimmers who have the desire to progress to the National Prep Training Group. Members of this group should be committed to reaching their full potential in swimming. A strong emphasis will be placed on fine tuning stroke mechanics, overall conditioning, and racing. Swimmers should be prepared to attend a minimum of four practices per week. Meet participation is required. Admission into this group is by recommendation from the SMAC coaching staff.

Mon/Wed 7-8:30 p.m. & **Fri** 7-8:15pm | **Tues/Thurs** 4:30-6:00 p.m. |

Sat 10:30 a.m. to 12:30 p.m

Annual pd in full: \$880

Annual monthly bank drafts: \$80

Senior

Ages 13 to 18 years

This group will be for swimmers who are too old for Age Group II and Gold but do not wish to make the commitment to the top two SMAC Training Groups. A strong emphasis will be placed on mastering technique in all four strokes, as well as conditioning and race strategies. This group will be good for swimmers who are looking to be competitive for their high school and summer league swim teams. Four of five practices are recommended. Meet participation is strongly encouraged but not required.

Mon/Wed 7-8:30 p.m. | **Tues/Thurs** 8:00-9:00 p.m. | **Sat** 7:00 a.m. to 8:30 a.m

Dryland T/TH 7:00 – 7:45

Annual pd in full: \$814

Annual monthly bank drafts: \$74

7 Month program pd in full: \$560

7 Month program monthly bank drafts: \$80

National Prep

Ages 12 to 16 years

This group is designed to prepare swimmers for the highest level of the SMAC swim program, the National Team. Swimmers must have a proven record of commitment to the sport of swimming. Training for the highest level of competition will be a priority. Dry-land training will be a major part of the overall training program. Swimmers will work closely with the head coach to establish short- and long-term goals. A minimum of 5 practices per week including Saturday are required to remain in this training group. Meet participation is required.

Mon/Wed /Fri 5-7:00 p.m. | **Tues/Thurs** 6:00-8:00 p.m. | **Sat** 7:00 a.m. to 9:30 a.m.

Dryland T/TH 4:45 – 5:45 and **Saturday** 10:00 – 11:00 a.m.

Annual pd in full: \$1200

Annual monthly bank drafts: \$109.09

National Team

Ages 13 to 18 years

This is the elite group of the SMAC training program. Swimmers in this group have chosen to solely dedicate to the sport of swimming. Training for national and international competition will be a priority. This group is also designed to prepare members for swimming at the NCAA level. Morning practices, weight training, and dry-land sessions will be required as part of this group. Swimmers are expected to be the leaders in and out of the pool and are frequently asked to give back to the program. Swimmers are required to maintain 80 percent practice attendance to remain in this group. Meet participation is required. Admission into this group is by recommendation of the SMAC coaching staff.

Mon/Wed /Fri 5:30 – 7:00am & 5-7:00 p.m. | **T/Th** 6:00-8:00 p.m. | **Sat** 7:00 a.m. to 9:30 a.m.

Dryland MWF 4 – 5:00pm and **Saturday** 10:00 – 11:00 a.m.

Annual pd in full:	\$1350
Annual monthly bank drafts:	\$122.73

All SMAC families are required to pay a \$25 Commonwealth Games fee and commit to a minimum of \$100 for the SMAC Swim-a-thon. Each swimmer (Mini-Marlins is optional) will be required to pay the \$57 USA Swimming registration fee. Additionally, all SMAC swimmers must be members of the YMCA. Program participants paying monthly bank draft are responsible for full payment regardless of the child's length of participation.