



We build strong kids, strong families, strong communities.



Greater Naples YMCA Competitive Aquatics: Swim Florida 2009

Professional coaching guides our competitive swim teams. Swim Florida emphasizes values through competition for swimmers who want to improve their skills, speed and endurance.

Evaluation and Registration: An evaluation of the swimmers level must be done before registration.

Evaluations will be held at the Greater Naples YMCA every Thursday from 4:00-5:00 PM. Once complete, the swimmer can be signed up for the appropriate team at the Membership Desk. A parent or guardian must register minor children and, if they have never been in Swim Florida before, have a copy of the swimmer's birth certificate. **An annual \$55 Florida Swimming fee is required.**

To be added to our Swim Florida email list serve, please contact **Tom Keer at tomswfl@msn.com**

Season	Start Date	End Date	Registration at Norris Pool
Spring	March 1st	May 31st	Monday - Friday 5:30-6:30PM
Summer	June 1st	August 31st	
Fall	September 1st	November 30th	
Winter	December 1st	February 28th	

2009 Swim Florida Teams

(All swim seasons are 3 months long. Rates are listed by the quarter.)

	Team	Age	Description	Day/Time	Max Member
Novice	Novice	10 & Under	Develop proper stroke and technique. Must be able to swim 25 yards of 2 competitive strokes.	T, Th, F (at the Y) 5:00-6:00 PM	\$150
	White	10 & Under	Emphasis on proper stroke technique. Must be able to swim 25 yards of 4 competitive strokes.	Sa (at Norris) 9:30-10:30 AM	
	Endurance	9-14 yrs old	Increasing stamina in the water with correct stroke technique.	T, Th, F (at the Y) 6:00 - 7:00 PM	
	Intro	9-14 yrs old	Proper stroke development. This is a beginners team	Sa (at Norris) 9:30-10:30 AM	
	Novice Teams' Head Coach: Amy Schwoerer				
Junior	Red	8-11 yrs old	Practice is based on technique, with more emphasis on endurance training and sets.	M-F 4:45-6:30PM	\$195
	Blue	8-13 yrs old	Training level increases with emphasis on endurance.	Sa 8:00-10:00AM	
Junior Teams' Head Coach: Tom Keer					
Senior	Senior I	High School	Training and commitment increase. Must commit to training and daily practice.	M-F: 4:00-6:45 PM M,W,F: 5:15-6:45AM Sa: 8:00-11:00 AM	\$225
	Senior II	High School	Opportunity to compete in year-round swim meets and prepare for the upcoming season.	M,W,F: 2:45-4:15PM Sa: 7:30-9:00AM	\$50 monthly
Senior Teams' Head Coach: Daryl Sullivan					

Greater Naples YMCA

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

