

Aquaforce Swim Team

Our Mission:

To offer a swim team where swimmers, coaches and parents work together in a spirit of cooperation to develop not only first class swimmers, but also first class citizens; emphasizing the values of caring, honesty, respect, and responsibility. To teach and train all levels of swimmers to learn, train and compete at the best of their abilities, while emphasizing individual progress, family participation, good sportsmanship, individual integrity and team play.



Aquaforce Swim Team

Year Round Competitive
Swimming for All Ages and
Abilities

Fall/Winter 2019-2020



Our MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Our VALUES:

Caring, honesty, respect and responsibility are the basis for all we do.

Our PROMISE:

We are for youth development, healthy living, social responsibility

Our History:

The YMCA has been building strong kids, strong families and strong communities in the Denver area since 1875 – before Colorado was established as a state.



For more information:
Call 303-422-4977

Or visit our web site at:
<https://www.teamunify.com/ymca-0877>

Susan M. Duncan YMCA
6350 Eldridge St.
Arvada, Co. 80004

About Aquaforce:

Aquaforce is a USA Swimming team serving the Denver Metro Area. Training and competition is offered for all level of swimmers in a year round, family friendly program.

Where: Susan M. Duncan YMCA
6350 Eldridge St.
Arvada, Co. 80004
303-422-4977

Head Coach: Lani Meyer

Aquaforce is a member of:

- Colorado Swimming, Inc.
- USA Swimming



All Swimmers are also required to be a member of USA Swimming. Estimated yearly fee is \$75.

Fee Structure/Practice Group

Descriptions:

Fee includes a monthly team fee and monthly YMCA Youth membership fee. Membership to the YMCA is required of all swimmers. Families of swimmers may upgrade to a family membership by paying the difference between the two types of memberships. Family and Single Parent options are available. Payments are set up on a draft system. All joining fees are waived.

The YMCA recognizes that swimmers have other outside activities that they are involved in throughout the year. We also recognize the importance of these activities in helping develop well-rounded young people. If needed, you may temporarily suspend your practice fees and restart when you are ready to begin swimming again.

All fees listed below are per month.

Scholarships are available through the Y Open Doors Program.

	First Child	Multiple Children
Group I	\$27 Practice Fee \$26 Y Membership	\$17 Practice fee \$26 Y Membership
Group II	\$72 Practice Fee \$26 Y Membership	\$62 Practice fee \$26 Y Membership
Group III	\$117 Practice Fee \$26 Y Membership	\$107 Practice fee \$26 Y Membership
Group IV	\$153 Practice Fee \$26 Y Membership	\$143 Practice Fee \$26 Y Membership
High School	\$75 when competing in season only	\$65 when competing in season only



Group I: Ages 5 and Up

This is an entry level developmental group of novice swimmers where the focus is on learning the fundamentals of competitive swimming. The emphasis is on improving technique on freestyle and backstroke, learning the breaststroke and butterfly and well as starts and turns. These swimmers will have the opportunity to participate in swim meets but it is not required.

Prerequisites:

1. Able to swim 50 yards of legal freestyle (with rotary breathing) and backstroke.

Group II

This is a competitive training group designed to prepare swimmers for higher levels of competition. The emphasis will be on mastering the skills necessary to be a successful competitive swimmer such as: clock management, training etiquette, stroke technique, starts and turns, and training and race strategies.

Group III

This is for the swimmer ready for a higher level but not physically ready for the yardage/training demands of Group IV. Swimmers in this Group MUST be fully proficient in all four strokes as well as starts and turns.

Group IV:

These are high performance training groups designed for the very dedicated swimmer who strives to compete on the state, regional, and national levels. The emphasis is on building a strong aerobic base and enhancing stroke technique, starts, turns, and racing strategies. Swimmers will have a goal setting session with the coach to set seasonal goal times and commitments.

** Group placement is based somewhat on age but more on ability of the swimmers and is decided solely by the coach and may change based on the needs of the swimmer.

Fall/Winter Practice Schedule (begins 9/9)

Group I: Mon./Wed. 4:00-4:45 pm

Group II: Mon./Wed. 4:45-5:45 pm
Tues/Thur 4:00-5:00 pm

Group III: Mon/Wed 5:30-7 pm
Tue/Thur 4:45-6:30pm

Group IV: Mon/Wed. 6:15-8:15 pm
Tues/Thur 6:00-8:15 pm

Friday Stroke work, Starts and Turns

Groups I and II 4:00-4:45 pm
Groups III and IV 4:45-5:45 pm

Orientation meeting: 8/28 5:30-6:30 pm

This is for parents new to our team or the sport. No water tryouts. Unsure which group to sign up for? Contact Kateryna Perry at kperry@denverymca.org