

# Y SWIM! Swimming is FUN!!!

**Health:** the best low-impact general conditioning available, swimming also increases motor skills and coordination.

**Safety:** develop skills & confidence for any aquatic activity at the beach, lake, or summer pool.

**Lifelong friendships** in a healthy, co-educational atmosphere.

**Participation:** everyone gets to play – there are no second stringers, no bench warmers.

**Self-confidence:** as swimmers eagerly accept challenges, and set & reach goals.

**Opportunity:** swimming champions come in all shapes and sizes: kids don't need to be big to succeed.

**A lifetime sport:** participants aged one to one hundred.

**Qualities of character:** that lead to athletic & academic success:

- Perseverance
- Self-discipline
- Goal Setting
- Time management
- Teamwork
- Determination
- Cooperation
- Dedication
- Responsibility
- High expectations



## COACHING STAFF

**Michael Brooks** has been the head coach at the York YMCA since October of 2006, in that short time leading swimmers to Olympic Trials, Senior Nationals, Junior World Champs, Junior National Champs, and to hundreds of national rankings.

He has been a frequent speaker at coaches' clinics nationwide, and is seen as a leader in stroke technique, the psychological aspects of developing swimmers, and building developmental programs. He is author of "Developing Swimmers", a program guide for age group swim training.

He served previously as head age group coach at Brophy East Swim Team in Phoenix, AZ, and head coach at the York site of the North Baltimore Aquatic Club.

Assistant coaches **John Nelson, Micah Metzel, Andy Stewart, Clyde Vedder and Janet Borowski** provide invaluable support in working with swimmers individually or in small groups.

# YORK YMCA SWIMMING

A place where EXCELLENCE is valued, encouraged, supported, admired, protected, nurtured, respected, emulated



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YEAR ROUND COMPETITIVE USA AND Y SWIM PROGRAM

# YORK YMCA SWIMMING

### Graham Aquatic Center York, PA

## Aiming for the Stars!

York YMCA Swimming has high expectations. We are committed to providing a challenging, supportive, and fun environment, to teaching good values that reach beyond the pool, and to giving our swimmers the opportunity to reach their full potentials in competitive swimming.



[www.swimnyorky.org](http://www.swimnyorky.org)

## PROGRAM FEATURES

The York YMCA offers two different competitive swimming programs.

For the very young, those new to swimming or those returning to swimming after an extended break, the Tidal Waves Swim Team offers an easy way back into the sport. This offering features reduced fees, shorter practice times and local competition.

For those experienced swimmers who want to get the absolute most out of their swim training and competition experience, the York YMCA Competitive Team offers USA and YMCA swimming both regionally and nationally.

Both Teams emphasize the following values:

**TECHNICAL:** learning good technique, efficiency, and beauty in the water.

**PHYSICAL:** developing speed and endurance through training in all four strokes in an individual medley and endurance based program.

**COGNITIVE:** learning about swimming, the rationale for stroke technique, training, diet and nutrition, etc.

**PSYCHOLOGICAL:** learning and practicing the attitudes of a champion; goal-setting; and maintaining poise under pressure.

**SOCIOLOGICAL:** team building and relationships.

### FOR MORE INFORMATION

Please contact Coach Michael Brooks, by phone at 717-718-1968, ext. 104, or by email at [mbrooks@yorkcoymca.org](mailto:mbrooks@yorkcoymca.org), or come by the York YMCA pool between 4:30 and 8:00 pm weekdays.

Please visit our website at [www.swimyorky.org](http://www.swimyorky.org)



## TRAINING SCHEDULE

**YY SENIOR** group practices 6 days a week, for two and a half hour sessions.

**YY JUNIOR** group practices 4 to 6 times a week, for one and a half hour sessions.

**TIDAL WAVE** groups practices 3 to 5 times a week, for one and a half hour sessions.

**NOVICE TIDAL WAVE** group practices 3 to 4 times a week, for 45 minute sessions.

## TEAM FEES

YY Senior A (approx. 13 & Over):  
\$170/month

YY Senior B: \$140/month

YY Junior A (approx. 9 to 12):  
\$120/month

YY Junior B: \$100/month

Tidal Wave: \$65/month

Novice Tidal Wave: \$45/month

Convenient payment schedule available. Also, a 5% discount is applied to siblings swimming on the team.



## TRAINING FACILITY

**Graham Aquatic Center**  
543 N. Newberry St., York

## TRAINING

York Y is a comprehensive developmental training program, planned and administered by professional coaches dedicated to building the finest program in the nation.

We offer training up to six days per week year round. Swimmers are placed in groups by coaches according to age, skill level, and commitment. With two offerings YY and YY Tidal Waves, there are practice groups to suit swimmers of all levels, from novice to national.

**At York YMCA, we are about more than just swimming fast: we build champion people, not just champion swimmers.**

## CLINICS, CAMPS & COMPETITION

Throughout the year York YMCA Swimming offers specialized CLINICS & MINI-CAMPS. These sessions are open to all competitive swimmers and focus on stroke development, starts, turns, and the mental aspects of improving performance. Call for more information.

York YMCA Tidal Waves compete during the winter season in the YSCAP league and in CASL during the summer. Both are local Central PA leagues.

York YMCA Competitive team hosts and attends USA swim meets and YMCA Invitational meets during the winter season throughout the Middle Atlantic region. During the summer YY competes in 50 M LC meets in Maryland and the Middle Atlantic LSC. YY competes at USA Nationals, YMCA Nationals, and USA Grand Prix events.