



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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BURLINGTON BULLSHARKS SWIM TEAM

Welcome to the Burlington Bullsharks Competitive Swim Team. The Bullsharks Swim Team is open to youth, ages 5 to 21 years of age, who are interested in competitive swimming. Swimmers must be able to swim 25 yards (one length of the pool) continuously, without assistance or floatation.

Swim team training is offered year-round with 3 different training groups.

BLUE

Entry level competitive group aimed at developing strong aerobic foundation and advanced technical skills. An emphasis on fun and teamwork to continue to help swimmers develop a long term enjoyment of the sport.

Age: 12 yrs. and under
Practices Per Week: 2-3 @ 1 to 1.25 hrs.
Fee: \$55 / month

WHITE

Competitive training group with training centered around strong technical skills, starts, turns, and underwater work. Increase distance and intensity training to help swimmers achieve higher level of fitness.
Must be able to complete:
50Y freestyle repeats and be familiar with backstroke, breaststroke, and butterfly stroke technique

Age: 8-13 yrs.
Practices Per Week: 3-5 @ 1.5 to 1.75 hrs.
Fee: \$65 / month

BLACK

Competitive Training Group designed to prepare swimmers for state and regional levels of competition. This group focuses on the skills, both in and out of the water to help swimmers reach success.
Must be able to complete:
50Y freestyle repeats and be familiar with backstroke, breaststroke, and butterfly stroke technique

Age: 11-21 yrs.
Practices Per Week: 4-5 @ 1.5 to 2 hrs.
Fee: \$75 / month

For more information contact Jenna at jenna@burlingtony.org

Burlington Area YMCA
2410 Mt Pleasant St. Burlington, IA 52601
(319)753-6734 www.burlingtony.org www.facebook.com/burlingtony