



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

The YCF Swim Team is a year-round program with month-to-month availability and NO practice or meet attendance requirements. (Note: YCF swim team may be seasonal-only at some family centers depending on winter pool closures). YCF serves area swimmers of all ages and abilities from beginner to Olympic level, with our minimum requirement being one continuous 25 yard length of the pool using both freestyle with rotary breathing and backstroke. YCF Swim Team is administered by a full time staff through the YCF Swim Team Office at the YMCA Aquatic Center.

The monthly program fees vary by group, as does the amount of practice time and meet opportunities available to swimmers. These details and more about the YCF Swim Team can be found on the team's website, ycfswimming.org. Questions can also be sent to questions@ycfswimming.org.

All new YCF swimmers must attend a placement session before joining the team. These rotate through each of our YCF sites and you do NOT need an appointment to attend. You also do NOT necessarily need to attend a placement session at the family center you plan to participate, but rather any placement session that best fits your family schedule. These placement sessions must include both parent and swimmer(s) and swimmer(s) should come ready to swim for a brief evaluation.

YCF Placement Sessions (for new YCF swimmers) @ Cocoa YMCA

- every Monday at 4:30pm

YCF Summer Practice Schedule @ Cocoa YMCA

- | | | |
|---------------------------|--|----------------------------|
| • Age Group Recreational- | Monday/Tuesday/Thursday | 5:15-6:00pm |
| • Senior Recreational- | Monday thru Thursday | 6:00-7:00pm |
| • Age Group Competitive- | Monday thru Friday | 6:00-7:30pm |
| • Senior Competitive- | Monday thru Friday | 5:30-7:30pm |
| • National Prep- | Monday thru Friday
+ Tuesday/Thursday | 5:30-7:30pm
5:30-7:00am |
| • National- | Monday thru Friday
+ Tuesday/Thursday | 5:00-7:30pm
5:30-7:00am |

YCF SWIM TEAM

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