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FOR HEALTHY LIVING  
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# Come make a splash! Join the YCF Swim Team!



## YCF Swim Team @ Golden Triangle YMCA

The YMCA of Central Florida Swim Team (YCF) is a year-round USA Swimming and YMCA swim team offering a full range of competitive programming for swimmers from youth to adult! YCF has a long history in the swimming community and has grown to become one of the largest and most comprehensive swim teams in Florida and across the country. Whether you are looking for a gentle introduction to competitive swimming, an elite level training program or anything in between, you'll find it here!

YCF is your neighborhood swim team, available at every pool within the YMCA of Central Florida Association, making your ideal training site always close to home! The team is broken into various practice groups based on age, ability and commitment in order to offer an appropriate option for swimmers of every ability level!



YCF has a professionally trained and certified coaching staff who use the YMCA core values of honesty, caring, respect, responsibility and faith as the primary focus in their instruction. Our goal is to develop swimmers who are better prepared in life by being better prepared in the water!

Financial assistance is available for those who qualify.



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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](http://ycfswimming.org). Questions can also be sent to [questions@ycfswimming.org](mailto: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) @ Golden Triangle YMCA** 2nd Tuesday of the month @ 4:30pm

#### **YCF Practice Schedule @ Golden Triangle YMCA**

- |                           |                      |              |
|---------------------------|----------------------|--------------|
| • Age Group Recreational- | Monday thru Thursday | 4:30-5:00pm  |
| • Senior Recreational-    | Monday thru Thursday | 4:30-5:00pm  |
| • Age Group Competitive-  | Monday thru Friday   | 5:00-6:30pm  |
| • Senior Competitive-     | Monday thru Friday   | 5:00-6:30pm  |
|                           | Saturday             | 9:00-11:00am |
| • National Prep-          | Monday thru Friday   | 5:00-7:00pm  |
|                           | Mon/Wed/Fri          | 5:45-6:45am  |
|                           | Saturday             | 9:00-11:00am |
| • National-               | Monday thru Friday   | 5:00-7:00pm  |
|                           | Mon/Wed/Fri          | 5:45-6:45am  |
|                           | Saturday             | 9:00-11:00am |

**For any additional questions please contact Coach Chris O'Domski, at [codomski@cfymca.org](mailto:codomski@cfymca.org)**