

Fall 2019/Winter 2020 Practice Schedule and Information

October 7, 2019 – March 1, 2020

Swimmers are placed into groups based on age (as of Dec. 2019), ability, time on the team, competitive experience, and level of commitment. Placement is not based on carpools or who you would like to swim with.

Some practices are held at Baker School (201 Sheridan Rd, Wilmette). This is noted below next to the practice time. Also, please note that we now offer practices on Sundays.

Group	Time	Day	YWCA Fee	Flying Fish Fee
Greenfish	5:00-5:45 pm	F	\$310	\$95
Purplefish	5:30-6:15 pm 1:30-2:15 pm	M @ Baker Sa	\$440	\$145
Yellowfish	5:45-6:30 pm	W,F	\$440	\$145
Whitefish	6:15-7:00 pm 5:00-5:45 pm 5:45-6:30 pm	M W F	\$530	\$185
Bronzefish	5:30-6:30 pm 8:00-9:00 am	Th @ Baker Sa	\$440	\$155
Copperfish	6:15-7:15 pm 6:30-7:30 pm 2:15-3:15 pm	M @ Baker Th @ Baker Sa	\$530	\$180
Redfish	5:30-6:30 pm 6:15-7:15 pm 8:30-9:30 am 9:30-10:45 am	T F Sa Su	\$570	\$190
Bluefish	4:15-5:30 pm 5:30-6:45 pm 6:45-7:45 pm 1:15-2:30 pm	Tu W F Sa	\$590	\$205
Ironfish	5:00-6:15 pm 5:30-6:45 pm 6:00-7:15 <u>am</u> 7:15-8:30 pm 7:00-8:30 am	M Tu W F Sa	\$605	\$205
Silverfish	6:00-7:15 <u>am</u> 5:30-6:45 pm 7:15-8:30 pm 12:15-1:30 pm 10:45-12:00 pm	W Th F Sa Su	\$590	\$185
Goldfish	7:00-8:15 pm 6:00-7:15 <u>am</u> 6:30-7:45 pm 6:15-7:30 pm 7:00-8:30 am	M Tu* W Th Sa	\$630	\$205

Diamondfish	6:00-7:15 am 6:00-7:15 pm 6:30-8:00 pm 6:45-8:15 pm 4:20-5:45 pm 10:50 am-12:15 pm	Tu/Th M Tu Th F Sa	\$720	\$260
Platinumfish	6:00-7:30 am 7:30-9:00 pm 10:50 am-12:15 pm	Tu/Th M/Tu/W/Th Sa	\$640	\$180
Thunderfish	6:00-7:30 am 4:00-6:00 pm 7:15-9:00 pm 9:15-10:50 am	M/Tu/Th M/W/Th/F Tu Sa	\$795	\$285

YWCA fee: There is a \$100 discount for each sibling following your oldest swimmer.

High school swimmers: There is a \$150 discount off the YWCA fee for girls and a \$225 discount for boys

Other fees: \$79 Annual YWCA administration fee
 \$79 Annual USA Swimming membership
 \$45 Annual Facility Fee

Team suits: TBD (payable to All-American Aquatics)

*Tuesday 6 am Goldfish will start the week of Nov. 5 and continue until Feb. 4.

General guidelines and expectations for each group

Age Group Swimmers

Greenfish: Age 9 and under, swim once a week

Yellowfish: Age 8 and under, swim twice a week as often as possible

Purplefish: Age 8 and under, swim twice a week as often as possible

Whitefish: Age 9 and under, swim two or three times a week

Bronzefish: Age 9 to 11, swim twice a week as often as possible

Copperfish: Age 9 to 11, swim two or three times a week

Redfish: Age 10 to 13, swim two to four times a week

Bluefish: Age 9 and 10, swim three or four times a week

Ironfish: Age 11 and 12, swim three or four times a week

Silverfish: Age 12 to 14, swim two to four times a week

Goldfish: Age 12 to 14, swim three to five times per week, BB+ times standard to qualify initially

Diamondfish: Must be age 12 to 14, swim four to six times per week, must have multiple qualifying times for regionals or one qualifying time for our championship meet in Charlotte, NC, with intention to attend this meet. The expectation is for you to also swim year-round, all 3 seasons. Swimmers swimming a minimum of 160 swim marathon lengths may be considered as well, along with those who perform in accordance with standards in early fall meets. **We reserve the right to change qualifications based on numbers.**

High School Swimmers

Platinumfish: Age 14 and up, swim four plus times a week, can swim seasonably and have the flexibility to do other activities and not swim year-round.

Thunderfish: Age 14 and up, swim seven plus times a week, intend to swim full-time year-round, must have more than one qualifying time for championship meet in Charlotte, NC, with intention to attend this meet. Although exceptions may be made, swimmers transitioning to Thunder will do so after their first high school season, in order to have a better understanding of what is expected the rest of the year in Thunder. We may also introduce test sets to qualify for and/or remain in Thunder.

Note: Depending on the time of year and other activities, there is some flexibility with expectations in practice time for most groups. We understand that you may be juggling a few activities. However, if you are in **Diamondfish or Thunderfish**, these expectations are the minimum and it is expected that you swim all year – Fall/Winter, Spring and Summer seasons. If you are going to be realistic in terms of your own goals and development and want to keep up with the development of the group and your peers, we need to see you all year. Otherwise a different group may be more appropriate for your needs.

For all groups, we reserve the right to change qualifications based on numbers.