



Sharks Swim Team Info

Long Course 2022



We will begin our Long Course (LC) Program in April. In the LC, the Meadowlands Sharks participate in USA Swimming competitions as well as our NJPMA Summer League. USA Swimming competitions are invitational meets around Northern New Jersey on various weekends throughout the LC season. The NJPMA Summer League meets are held on Wednesday evenings and Saturday mornings at nearby outdoor pools through the month of July. Please see below for practice times and pricing information. Go Sharks!

Spring LC Practice Schedule: April 11, 2022 – June 24, 2022

GROUP	DAYS	TIME
Beginner	Monday, Wednesday & Friday	4:30-5:30 PM
Novice	Monday, Wednesday & Friday	4:30-5:30 PM
Junior	Monday, Wednesday & Friday Tuesday & Thursday	5:30-6:30 PM 5:00-6:30 PM
Senior	Monday to Friday Dryland Wednesday	6:30-8:00 PM 5:30-6:30 PM

Summer LC Practice Schedule: June 27, 2022 – August 5, 2022

Subject to Change

GROUP	DAYS	TIME
Senior	Monday to Friday Dryland Tuesday & Thursday	6:30-8:00 AM 8:00-9:00 AM
Junior	Monday to Friday	7:00-8:00 AM
Novice & Beginner	Monday to Friday	8:00-9:00 AM

LC Program Fees

Beginner: \$612
Novice: \$612
Junior: \$960
Senior: \$1204

Below is what is included in the fee and what is not. All fees paid to the YMCA for swim team are non-refundable. Payment plans are available upon request.

Included Expenses	Additional Fees
✓ Dryland with YMCA Personal Trainer (Senior)	- YMCA & USA Swimming Memberships
✓ NJPMA Summer League Meets	- Invitational meet fees
✓ Team swim cap	- Team suit, personalized swim caps, group training gear

If you have any questions, please email Coach Andrea at acoiner@meadowlandsymca.org

