



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DUCKS COMPETITIVE SWIM TEAM



Our Geneva Lakes Family YMCA Ducks Swim Team is a top-ranked, year-round, USA Swimming & YMCA competitive Swim Club in Lake Geneva, WI. Our professional coaches provide expert technique instruction in a positive environment for beginning to national-level competitors from all over southeast Wisconsin & northern Illinois. Serves youth & adults.

Join the YMCA Ducks Swim Team Anytime!

Contact Michelle Upchurch

Director of Competitive Swimming

michelle.upchurch@glymca.org | 262.248.6211 x23

Summer Registration Starts Now

Season Runs: June 8–July 31, 2026



Spotted Ducks

This group focuses on stroke fundamentals and mechanics. Swimmers must complete: 25 yards freestyle with rhythmic breathing, 25 yards backstroke without stopping, 25 yards flutter kick (front and back with a board), and a dive from the poolside. They should be able to endure a one-hour practice. A fun environment with an introduction to competition when ready.

Mallard Ducks

For late middle school and high school varsity swimmers training for elite competitions. Focus areas include race prep, goal setting, endurance, stroke technique, starts, turns, and race strategy. Swimmers must commit to daily 2-hour practices and frequent weekend meets.

Lake Ducks & Wood Ducks

For experienced competitors ready for advanced training. This group focuses on stroke mastery, endurance, goal-setting, and preparation for end-of-season competitions and the next training level.

Learn More:

GenevaLakesYMCA.org/ducks