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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!

Swim Team Evaluations: Tuesday, April 21, 2026

Spring course session begins Monday, April 27, 2026

Contact Michelle Upchurch

Director of Competitive Swimming

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Spotted Ducks

This group is for ages 8 and under or swimmers who are new to competitive swimming. The focus is 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.

Lake Ducks

This group is for our Spotted group graduates, primarily ages 9-12 or elite 8 year olds who have achieved at least one State Meet qualifying time, who can swim all four competitive strokes legally, do a dive from the racing block and flip turns during practices and races.

Wood Ducks

This group is for our Elite age group swimmers ages 9-13 who have achieved at least one State Meet qualifying time and are ready for advanced training. Focus is on stroke mastery, endurance, goal setting, and preparation for the end-of-the-season competitions and the next training level.

Mallard Ducks

This group is for our experienced swimmers ages 13 and over, who are training for elite competitions. Focus areas include race preparation, goal setting, endurance, stroke technique, starts, turns, and race strategy. Swimmers **MUST** commit to daily 2-hour practices and at least one competition a month.

Learn More:

GenevaLakesYMCA.org/ducks

GENEVA LAKES FAMILY YMCA | 203 S. Wells Street | Lake Geneva, WI 53147 | 262.248.6211

GenevaLakesYMCA.org