



Minisink Valley Aquatics



MVA Swimming is a year-round program which focuses on developing young athletes for competitive swimming. Swimmers range in age from 4 to 22 years in age. Athletes are placed in one of 6 different swim levels based on experience and skill. These levels are divided between; Jr Rays, Novice Group, Junior Group, Age Group, Pre-Senior and Senior Groups. Each level has goals for swimmers to achieve.

MVA Diving offers both a Winter and Spring session. In that time we will teach the core principles of competitive diving, as well as progress your diver through the 5 categories of dives, the 3 positions of dives, and will work on building a competitive diving list. We invite athletes over the age of 8 who are capable of swimming in deep water.

Minisink Valley Aquatics is a member of USA Swimming, Metropolitan Swimming and the Empire State Swim League, as well as, USA Diving. Our primary practice facility is Minisink Valley high School.