



**Alamance County Community YMCA &
Burlington Recreation & Parks' Maynard
Aquatic Center**
*"A collaboration through the sport of swimming,
est. 2005"*

Join the YBAC Hurricanes Swim Team

YBAC is a year-round competitive swim program dedicated to helping athletes reach their highest potential. We provide an atmosphere of challenging hard work and commitment that leads to excellence.

To join follow these steps:

- Step 1** - Contact Coach David to determine which group is best suited for swimmer
- Step 2** - Try out practice for one week
- Step 3** - Complete registration form
- Step 4** - Copy birth certificate
- Step 5** - Make payment

Bring completed registration form and birth certificate for each athlete joining the YBAC swim team to the YMCA front desk. Payment is due at this time. Your payment will include an annual fee of \$76 (includes USA Swimming registration, GYSSA League Fee, and Team shirt and cap) plus the amount of the swim group your child is joining. Swim Group fees can be drafted monthly, or you can pay for the entire season or year and receive the indicated discount. The YMCA offers scholarship opportunities for those in financial need (see the front desk for information). The YMCA also offers bus transportation from certain schools and has after-school care for these children (see the front desk for more information).

Practice Group	Monthly (8/16-5/31)	S.C. Season (8/16-5/31)	Year Fee (8/16-7/31)
Stroke School	\$50.00	\$405.00	\$468.00
Novice	\$55.00	\$446.00	\$514.00
Age Group Silver	\$65.00	\$527.00	\$608.00
Age Group Gold	\$70.00	\$567.00	\$748.00
Pre-Senior	\$80.00	\$648.00	\$702.00
Stay-N-Shape	\$55.00	\$446.00	\$515.00
Senior I	\$85.00	\$689.00	\$795.00
Senior Elite	\$95.00	\$770.00	\$888.00



Multiple swimmer discounts available for 3 or more swimmers (25% for 3rd child; 50% for 4th; 5th child free)

Practice Locations: Alamance County Community YMCA and Maynard Aquatic Center
Group Descriptions and typical practice times are listed on back.



**For more information go to our Website: www.acymca.org or contact
Coach David at dmcdevitt@acymca.org or call 395-9622**

YMCA Mission: *To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*



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Group Descriptions

****All team assignments are made at the sole discretion of the coaching staff, with these prerequisites in mind.**

Stroke school: This group provides individual hands on instructions to develop and prepare for making the transition from being a recreational swimmer to developing into a competitive swimmer. Swimmers need to be able to swim 25 yards (1 length of the pool) safely and are at least 5 years old. Swimmers should attend practice 1 or 2 times per week. The goal of this group is for the swimmers to become proficient in Freestyle & Backstroke.

Practice Times: 4:00—4:45 PM Tuesday & Thursday at YMCA

Novice: This group will be the starting place for athletes who complete the stroke school development skills and for individuals who have participated on a summer swim team and are age six to ten. Swimmers can swim 50 yards of Freestyle and Backstroke. It is recommended that these swimmers attend practice 2 to 3 times per week. The goal of this group is to become legal in all 4 strokes.

Practice Times: 4:00—5:00 PM Monday through Friday at YMCA

Age Group: This group is designed for the more experienced age group athletes who can swim the four competitive strokes. Additionally they can do flip turns, read a pace clock and understand interval training. Ages for this group are 8 to 12 and it is recommended that these swimmers practice 3 to 5 times per week. The goal of this group is to increase their love for the sport and their competitive skills. Age Group Silver practices up to 3 times per week, while Age Group Gold practices up to 5 times per week.

Practice Times: 4:00—5:30 PM Monday, Wednesday & Friday at YMCA & 5:30—7:00 PM Monday through Thursday at MAC

Pre Senior: This group is designed for swimmers 10 to 14 who have advanced through the Age Group Program and are preparing for the senior program. Swimmers are able to swim all four strokes legally for 100 Yards and have at least the 11-12 "B" times in 3 strokes. It is recommended that these swimmers attend practice 4 to 5 times per week.

Stay-N-Shape: This group is designed for the swimmer who participates in many activities or sports and does not or can not attend practice on a regular schedule year-round, but who love to swim and want to participate in the program. Swimmers need to be at least 13. These swimmers practice up to 3 times per week

Practice Times: 4:30—6:00 PM Monday through Friday at MAC

Senior: This group is designed for the competitive swimmer who wants to achieve their potential. Swimmers in this group are 11 and older who have at least the 13-14 "BB" time in 2 strokes. These swimmers attend practice on a regular schedule and are willing to prepare to make the State Level Championships and beyond.

Senior Elite: This group is designed for the competitive swimmer who is working to reach maximum potential. These swimmers are striving for the Sectional &/or National Championship Meets and are willing to put in the extra work needed to reach these goals. These swimmers need to attend practice the maximum number of times (5-10/week), and are able to maintain a minimum of 2.5 G.P.A. in school. Swimmers in this group are typically 14 & older.

Practice Times: 4:00—6:00 PM Monday through Friday at MAC

**Saturday Practices for all groups will be held when available at the MAC
Practice Times subject to change—see monthly calendar for practice updates**