



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE ONE STROKE AT A TIME

YBAC Hurricanes Swim Team, 2019-20 School Year

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.

The YBAC team offers families and swimmers the flexibility to pursue their goals in swimming, while maintaining a family lifestyle and achieving academic excellence. Our most active swimmers are often on their school's honor roll!

While participation is voluntary for all practices and meets, swimmers will get out of the program what they're willing to put into it.

Practices are held at the YMCA and the Maynard Aquatic Center. Transportation to the YMCA and MAC is available to students from many area schools through the YMCA After-School Program.

We offer three tracks in our swim program: Technique and Fitness, Competitive Program and High Performance. All tracks are designed to provide the most up-to-date instructions, training and experience available.

Technique & Fitness Track - This track is ideal for swimmers who may be new to year-round swimming, are involved in various other activities or are looking to get in or keep in shape. Swimmers in this track have the opportunity to participate in local/Intrasquad and YMCA swim meets if they choose.



Competitive Track - This track is designed for swimmers looking to explore their full potential in the pool. USA Swimming and YMCA swim meets are encouraged but optional.

High Performance Track - This track places an emphasis on competition and year-round training in preparation for success at all levels of competitive swimming. Swimmers need to have the desire, commitment and passion to work toward maximum potential. Meets and practices are required for this track.

For more information, visit www.acymca.org or contact Coach David at dmcdevitt@acymca.org



2019 - 2020 School Year

Three Tracks to fit your swimming needs

Groups	Description	Ages	Practices per week	Swim Meets
Technique & Fitness	Open to swimmers who can swim 25 yards of freestyle with rotary breathing.	5-18	3	Optional: YMCA & Intrasquad
YBAC 2	Designed for the beginning competitive swimmer with knowledge of Freestyle and Backstroke.	5-12	3	Recommended
YBAC 3	Designed for swimmers, who can swim all four strokes.	9-18	5	Recommended
YBAC 4	Designed for those swimmers with the desire, skills and commitment to excel in the sport of swimming	9-11	3	Required
YBAC 5		12-18	5	Required

Groups	Practice	Pool	Training Fees	Registration Fees
Technique & Fitness	5:15-6:00 M/W/F 4:30—5:15 T/Th	MAC	\$165/session (12 weeks)	\$35
YBAC 2	4:30-5:30 M/W/F 6:00-7:00 T/Th	MAC	\$70/month	\$100
YBAC 3	4:30—6:00 M-F	MAC	\$80/month	\$100
YBAC 4	4:15-5:45 M-F	YMCA	\$85/month	\$100
YBAC 5	4:15-6:15 M-F	YMCA	\$95/month	\$100

Technique and Fitness sessions (12 weeks):

I: Sept 16 - Dec 8

II: Jan 6 - Mar 29

III: Mar. 30 - June 21

Competitive Dates:

Short Course: Aug 19 - May 31

Long Course: June 1 - Aug 1

High Performance Date: Aug 19 - Aug 1

Registration Fees include: Team T-Shirt, Team Cap, GYSSA Membership; USA Swimming membership for Competitive and High Performance Groups

Multiple swimmer discounts for families of 3 or more. (50% for 3rd child; 75% for 4th; 5th swimmer free)

All practice times are subject to change due to pool schedules

June 15, 2020 we will go to our summer practice schedule

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