



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE ONE STROKE AT A TIME

YBAC Hurricanes Swim Team, 2020-21 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.

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

2020 - 2021 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	2	Recommended
YBAC 3	Designed for swimmers, who can swim all four strokes.	9-18	3	Recommended
YBAC 4	Designed for those swimmers with the desire, skills and commitment to excel in the sport of swimming	9-18	4	Required
YBAC 5		12-18	5	Required

Session 1 August 17 – October 25				
Groups	Practice	Pool	Training Fees	Registration Fees
Technique & Fitness	Not available			\$35
YBAC 2	3:30-4:30 T/Th	YMCA	\$175	\$100
YBAC 3	3:30 – 4:30 M/W/F	YMCA	\$200	\$100
YBAC 4	6:30 – 8:00 M-F	YMCA	\$225	\$100
YBAC 5	4:30 – 6:30 M-F	YMCA	\$250	\$100

Session 2 dates: October 26 – January 17

Session 3 dates: January 18 – April 4

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

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