



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CONFIDENCE ONE STROKE AT A TIME

## YBAC Hurricanes Swim Team, 2021 - 2022

YBAC is a year-round competitive swim program dedicated to helping athletes reach their 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.

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](http://www.acymca.org)

# 2021- 2022 School Year

Groups	Description	Ages	Practices per week	Swim Meets
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.	9-14	3	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	Training Fees
YBAC 2	3:30 – 4:30	\$75/month
YBAC 3	3:30 – 4:30	\$85/month
YBAC 4	4:30 – 6:00	\$90/month
YBAC 5	4:30 – 6:30	\$100/month

**Fall Session – September 7 to December 23**

**Winter Session – January 10 – April 8**

**Spring/Summer – April 9 – July 31**

Draft dates: 1<sup>st</sup> of every month from September through July

Registration Fees include: Team T-Shirt, Team Cap, GYSSA Membership; USA Swimming membership for Competitive and High Performance Groups. Registrations fees are paid once per swimming year (August to July)

Multiple swimmer discounts for families of 3 or more. (50% for 3<sup>rd</sup> child; 75% for 4<sup>th</sup>; 5<sup>th</sup> 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.