



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOMING STRONGER ONE STROKE AT A TIME YBAC HURRICANES SWIM TEAM



THE ALAMANCE COUNTY YMCA
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FOR A BETTER US.



HURRICANES SWIMMING

2022-2023 SEASON

The Alamance County YMCA's YBAC Hurricanes is a competitive swim team that participates on both the Y-USA and USA Swimming competition circuits. Our coaching staff is committed to providing a program that offers swimmers of all ages, skills, and commitment levels an opportunity to develop their love in the sport of swimming.

Our team goal is to help each swimmer in their short- & long-term personal development goals, building their self-confidence & knowledge of the sport, while performing in a safe, fun and rewarding team environment.

TECHNIQUE & FITNESS TRACK:

TECHNIQUE (10 & UNDER)	\$70 per month	2 practices (45 min) per week	This training group is for swimmers that are pre-competitive and have a goal to join a swim team or advance their technique skills. Swimmers must be able to swim a 25-yds unassisted front crawl/freestyle.
FITNESS (11 to 18)	\$80 per month	3 practices (45 min) per week	This training group is for swimmers that are not interested in competing in meets, but are looking for a fitness sport. Swimmers must be able to swim a 25-yds unassisted front crawl/freestyle and basic knowledge of the backstroke.

COMPETITIVE TRACK:

CATEGORY 1	\$75 per month	2 practices per week	This training group is for swimmers aged 6-11. Swimmers must be able to swim a 25-yds unassisted freestyle/backstroke
CATEGORY 2	\$75 per month	2 practices per week	This training group is for swimmers aged 11-14. Swimmers must be able to swim a 25-yds unassisted freestyle/backstroke
CATEGORY 3	\$85 per month	3 practices per week	This training group is for swimmers aged 6-11. Swimmers must have basic knowledge of all 4 competitive strokes.
CATEGORY 4	\$85 per month	3 practices per week	This training group is for swimmers aged 11-16. Swimmers must have basic knowledge of all 4 competitive strokes.
CATEGORY 5	\$90 per month	4 practices per week	This training group is for swimmers aged 10-16. Swimmers in this high performance group must have advanced knowledge
SENIORS	\$100 per month	5 practices per week	This training group is for swimmers aged 13-18. Swimmers in this high performance group must have advanced knowledge



TECHNIQUE

TECHNIQUE & FITNESS GROUP

Ages 10 & UNDER

2

**PRACTICES
PER WEEK**

This training group is designed for the pre-competitive swimmer with basic knowledge in freestyle.

Swimmers will develop in all four competitive strokes—butterfly, backstroke, breaststroke, and freestyle.

Swimmers may have goals of joining a competitive swim team.

45

**MINUTES
PRACTICE**

Practices are 45-minutes in length.

Swimmers in this group are expected to participate in 2 practices per week & may participate in YBAC intra-squad meets.

1

**DRYLAND SESSION
PER WEEK**

Dryland training for this group is once per week.

Swimmers will focus on balance & stability exercises and stretching.

\$70 per month

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FITNESS

TECHNIQUE & FITNESS GROUP

Ages 11 – 18

3

**PRACTICES
PER WEEK**

This training group is designed for the swimmer with basic knowledge in freestyle and backstroke who is looking for fitness, not competition.

45

**MINUTES
PRACTICE**

Swimmers will develop in all four competitive strokes—butterfly, backstroke, breaststroke, and freestyle.

Practices are 45–minutes in length.

Swimmers in this group are expected to participate in 3 practices per week & may participate in YBAC intra-squad meets.

1

**DRYLAND SESSION
PER WEEK**

Dryland training for this group is once per week.

Swimmers will focus on balance & stability exercises and stretching.

\$80 per month

acymca.org



CATEGORY 1 COMPETITIVE GROUP

Ages 6-11

2

**PRACTICES
PER WEEK**

This training group is designed for the beginner competitive swimmer with basic knowledge in freestyle and backstroke.

1

**HOUR
PRACTICE**

Swimmers will develop in all four competitive strokes—butterfly, backstroke, breaststroke, and freestyle.

Practices are 1-hour in length.

Swimmers in this group are expected to participate in 2 practices per week & all YBAC intra-squad meets.

1

**DRYLAND SESSION
PER WEEK**

Dryland training for this group is once per week.

Swimmers will focus on balance & stability exercises and stretching.

\$75 per month

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CATEGORY **2**

COMPETITIVE GROUP

Ages 11-14

2

**PRACTICES
PER WEEK**

This training group is designed for the beginner competitive swimmer with basic knowledge in freestyle and backstroke.

1

**HOUR
PRACTICE**

Swimmers will develop in all four competitive strokes—butterfly, backstroke, breaststroke, and freestyle.

Practices are 1-hour in length.

Swimmers in this group are expected to participate in 2 practices per week & all YBAC intra-squad meets.

1

**DRYLAND SESSION
PER WEEK**

Dryland training for this group is once per week.

Swimmers will focus on balance & stability exercises and stretching.

\$75 per month

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CATEGORY 3 COMPETITIVE GROUP

Ages 6-11

3

**PRACTICES
PER WEEK**

This training group is designed for the beginner competitive swimmer with basic knowledge in all four competitive strokes.

1

**HOUR
PRACTICE**

Swimmers will develop in all four competitive strokes—butterfly, backstroke, breaststroke, and freestyle.

Practices are 1-hour in length.

Swimmers in this group are expected to participate in 3 practices per week, all YBAC intra-squad meets, and at least 2 competitive meets (1-YMCA meet and the GYSSA Championship meet)

1

**DRYLAND SESSION
PER WEEK**

Dryland training for this group is once per week.

Swimmers will focus on balance & stability exercises and stretching.

\$85 per month

acymca.org



CATEGORY 4 COMPETITIVE GROUP

Ages 11-16

3

**PRACTICES
PER WEEK**

This training group is designed for the beginner competitive swimmer with basic knowledge in all four competitive strokes.

1

**HOUR
PRACTICE**

Swimmers will develop in all four competitive strokes—butterfly, backstroke, breaststroke, and freestyle.

Practices are 1-hour in length.

Swimmers in this group are expected to participate in 3 practices per week, all YBAC intra-squad meets, and at least 2 competitive meets (1-YMCA meet and the GYSSA Championship meet)

1

**DRYLAND SESSION
PER WEEK**

Dryland training for this group is once per week.

Swimmers will focus on balance & stability exercises and stretching.

\$85 per month

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CATEGORY 5 COMPETITIVE GROUP

Ages 10–16

*Head Coach approval needed for this level.

4

PRACTICES
PER WEEK

This training group is designed for the high-performance competitive swimmer with knowledge in all four competitive strokes.

1.5

HOUR
PRACTICE

Swimmers will develop racing strategies in all four competitive strokes– butterfly, backstroke, breaststroke, and freestyle.

Practices are 1.5-hours in length.

Swimmers in this group are expected to participate in 4 practices per week, all YBAC intra-squad meets, and at least 4 competitive meets (including the GYSSA Championship meet).

2

DRYLAND SESSIONS
PER WEEK

Dryland training for this group is twice per week. Training will focus on beginner functional strength training with a strength coach.

\$95 per month

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SENIORS

COMPETITIVE GROUP

Ages 13-18

*Head Coach approval needed for this level

5

**PRACTICES
PER WEEK**

This training group is designed for the high-performance competitive swimmer with knowledge in all four competitive strokes.

Swimmers will develop racing strategies in all four competitive strokes– butterfly, backstroke, breaststroke, and freestyle.

2

**HOUR
PRACTICE**

Practices are 2-hours in length.

Swimmers in this group are expected to participate in 5 practices per week, all YBAC intra-squad meets, and at least 4 competitive meets (including the GYSSA Championship meet).

2

**DRYLAND SESSIONS
PER WEEK**

Dryland training for this group is twice per week. Training will focus on functional strength training with a strength coach.

\$100 per month

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