



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAYING STRONG MASTERS SWIMMING

YBAC HURRICANES—ALAMANCE COUNTY YMCA
2022 SEASON



THE ALAMANCE COUNTY YMCA
1346 S. MAIN STREET, BURLINGTON, NC 27215
(336)395-9622 ACYMCA.ORG

FOR A BETTER US.

CONTINUING IN THE COMPETITION YBAC HURRICANES MASTERS SWIMMING

Whether you are looking to compete in your next triathlon or just for general fitness, the YBAC Hurricanes Masters Swim is a competitive swim program for you. For beginning swimmers to seasoned athletes, we have a program to challenge and grow your love of the sport.

The Alamance County YMCA offers morning practices with a US Masters certified coach or a train-on-your-own option to complete the workout on your schedule. Coaches will help swimmers develop and achieve personal goals ranging from increased endurance to achieving time standards. We encourage our swimmers to compete in US Masters meets across the state and the country.

REGISTRATION & FEES:

REGISTRATION FEE: \$70 (Registration includes US Masters membership, a team shirt and team cap.)

MONTHLY DUES:

<p>MASTERS 1</p> <p>Participants training with a US Masters Swimming-Certified Coach. Receive technique and stroke feedback, fitness and competition goal planning, and participate in a team environment.</p>	<p>\$25 per month</p>
<p>MASTERS 2</p> <p>Members progress with a training plan developed by a US Masters Swimming-Certified Coach. Train on your own schedule with access to goal and competition planning with coaches.</p>	<p>\$5 per month</p> <p>*available for Y members only</p>

PRACTICE SCHEDULE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
N/A	5:30-6:30 AM	N/A	5:30-6:30 AM	N/A	TBA

Questions? Contact YBAC Hurricanes Head Coach Jennifer Ward at ybac@acymca.org