



CELEBRATING **20 YEARS** OF EXCELLENCE

2025 - 2026 SEASON INFORMATION

ALAMANCE COUNTY COMMUNITY YMCA 

YBACHURRICANES.COMMITSWIM.COM 

CONTACT US AT YBAC@ACYMCA.ORG 

TRAINING SCHEDULE

TECHNIQUE TRAINING GROUP

IN-WATER:
TUES & THURS
6:15 - 7:00 PM

DRYLAND:
TUES
5:40 - 6:10 PM

FITNESS TRAINING GROUP

IN-WATER:
MON, WED, & FRI
6:15 - 7:00 PM

DRYLAND:
MON
5:40 - 6:10 PM

CATEGORY 1 TRAINING GROUP

IN-WATER (ANY TWO):
MON - FRI
3:30 - 4:30 PM

DRYLAND:
TUES & THURS
4:30 - 5:00 PM

CATEGORY 2 TRAINING GROUP

IN-WATER (ANY THREE):
MON - FRI
3:30 - 4:30 PM

DRYLAND:
TUES & THURS
4:30 - 5:00 PM

CATEGORY 3 TRAINING GROUP

IN-WATER (ANY TWO):
MON - FRI
4:30 - 5:30 PM

DRYLAND:
TUES & THURS
5:30 - 6:00 PM

CATEGORY 4 TRAINING GROUP

IN-WATER (ANY THREE):
MON - FRI
4:30 - 5:30 PM

DRYLAND:
TUES & THURS
5:30 - 6:00 PM

CATEGORY 5 TRAINING GROUP

IN-WATER (ANY FOUR):
MON - FRI
5:30-6:30A/5:30-7:00P

DRYLAND:
MON, TUES & THURS
5:00 - 5:30 PM

SENIOR TRAINING GROUP

IN-WATER (ANY FIVE):
MON - FRI
5:30-6:30A/4:30-6:15P

DRYLAND:
MON, TUES & THURS
6:15 - 7:00 PM

NATIONAL TRAINING GROUP

IN-WATER (ANY FIVE):
MON - FRI
5:30-6:30A/4:30-6:15P
PLUS TWO SAT

DRYLAND:
MON, TUES & THURS
6:15 - 7:00 PM

TECHNICAL LEVEL

This level is for swimmers with a basic knowledge of all four strokes: freestyle, backstroke, breaststroke, and butterfly. Swimmers in this level are seasonal athletes registered with YMCA Swimming + ACYMCA Youth Membership.

TECHNIQUE TRAINING GROUP

For ages 10 & under (Elementary)

Completed all levels of swim lessons? Start your swim team experience here!

In-Water Training:

2 DAYS

Tuesday & Thursday

Dryland Training:

1 DAY

per week

\$95 PER MONTH OR **\$940** ANNUAL PAYMENT

FITNESS TRAINING GROUP

For ages 11 & older (Middle-High School)

Looking to compete or just stay healthy? Start your swim team experience here!

In-Water Training:

3 DAYS

Monday, Wednesday, & Friday

Dryland Training:

1 DAY

per week

\$105 PER MONTH OR **\$1040** ANNUAL PAYMENT



COMPETITIVE LEVEL

This level is for swimmers with a proficient knowledge of all four strokes: freestyle, backstroke, breaststroke, and butterfly. Swimmers in this level are year-round athletes registered with USA-Swimming and YMCA Swimming + ACYMCA Youth/Teen Membership.

CATEGORY 1 TRAINING GROUP

For ages 6-11 (Elementary)
New to the team or just moved up?
Start here first!

In-Water Training:
2 DAYS
per week

Dryland Training:
2 DAYS
per week

\$129 PER MONTH*
OR
\$1049 ANNUAL PAYMENT

*Per month as part of 9-month payment plan
September through May

CATEGORY 2 TRAINING GROUP

For ages 6-11 (Elementary)

In-Water Training:
3 DAYS
per week

Dryland Training:
2 DAYS
per week

\$141 PER MONTH*
OR
\$1142 ANNUAL PAYMENT

*Per month as part of 9-month payment plan
September through May

CATEGORY 3 TRAINING GROUP

For ages 11-16 (Middle/High)
New to the team or just moved up?
Start here first!

In-Water Training:
2 DAYS
per week

Dryland Training:
2 DAYS
per week

\$129 PER MONTH*
OR
\$1049 ANNUAL PAYMENT

*Per month as part of 9-month payment plan

CATEGORY 4 TRAINING GROUP

For ages 11-16 (Middle/High)

In-Water Training:
3 DAYS
per week

Dryland Training:
2 DAYS
per week

\$141 PER MONTH*
OR
\$1142 ANNUAL PAYMENT

*Per month as part of 9-month payment plan
September through May



HIGH-PERFORMANCE

This level is for swimmers with advanced knowledge of all four strokes: freestyle, backstroke, breaststroke, and butterfly. Swimmers in this level are year-round athletes registered with USA-Swimming and YMCA Swimming + ACYMCA Youth/Teen Membership.

CATEGORY 5 TRAINING GROUP

Must meet requirements for this group**:
Coach recommendation + at least one
(1) B-time standard in any event.

In-Water Training:
4 PRACTICES
per week

Dryland Training:
3 DAYS
per week

\$153 PER MONTH*
OR
\$1239 ANNUAL PAYMENT

**Swimmers that are not post-growth phase must have at least one Age-Group Championship qualifying event to be considered for this group.

SENIOR TRAINING GROUP

Must meet requirements for this group:
Coach recommendation + at least one
(1) USRY-time standard in any event.

In-Water Training:
5 PRACTICES
per week

Dryland Training:
3 DAYS
per week

\$165 PER MONTH*
OR
\$1337 ANNUAL PAYMENT

*Per month as part of 9-month payment plan
September through May

NATIONAL TRAINING GROUP

Must meet requirements for this group**:
Coach recommendation + at least one
(1) national-time standard in any event.

In-Water Training:
5 PRACTICES
per week + 2 Saturdays

Dryland Training:
3 DAYS
per week + 2 Saturdays

\$202 PER MONTH*
OR
\$1636 ANNUAL PAYMENT

**Swimmers in this group receive individualized training sessions in-water and dryland two (2) Saturdays per month, to include mobility + strength data, video feedback, and stroke analysis.

