



Fall/Winter 2022-23 HYV Group Expectations



Developmental 1					
Age	Description	Schedule	Commitment	List of Equipment	Fee
5 & Over	Entry level group to introduce swimmers to competitive swimming. Participants must be able to swim one length each of Freestyle and Backstroke. Learning stroke technique, skills (starts/turns), and having FUN is the focus of this group!	5:00 to 6:00pm Monday, Wednesday, and Friday in Small Pool	2 practices per week minimum 3 practices per week strongly encouraged	Water Bottle	\$525 full payment \$75 monthly
Developmental 2					
Age	Description	Schedule	Commitment	List of Equipment	Fee
7 & Over	Advanced Developmental group to help swimmers transition to the Age Group program. Swimmers in this group should have a basic understanding of Breaststroke and Butterfly. Stroke technique, skills, and FUN is the primary focus! Swimmers will learn how to use a pace clock and follow basic sets.	5:30 to 6:30pm Monday and Friday in Large Pool 5:00 to 6:00pm Tuesday and Thursday in Small Pool	3 practices per week minimum 4 practices per week strongly encouraged	Water Bottle Fins Kick Board Pull Float	\$595 full payment \$85 monthly
Age Group 1					
Age	Description	Schedule	Commitment	List of Equipment	Fee
9 & Over	Swimmers must be able to perform all 4 competitive strokes LEGALLY with GOOD FORM and have previous swim team experience. Must have the ability to read the pace clock and follow coaches' instructions.	5:15 to 6:30 on Monday, Tuesday, Thursday, and Friday 5:00 to 6:15pm on Wednesday	4 practices per week minimum	Water Bottle Fins Kick Board Pull Float	\$700 full payment \$100 monthly



Fall/Winter 2022-23 HYV Group Expectations



Age Group 2					
Age	Description	Schedule	Commitment	List of Equipment	Fee
11 & Over	Swimmers must be able to perform all 4 competitive strokes LEGALLY with GOOD FORM and have previous swim team experience. Swimmers must be ready for more complex sets and challenging workouts.	4:00 to 5:30pm on Monday and Friday 5:00 to 6:30 on Tuesday, Wednesday, and Thursday 12:00 to 1:30pm on Saturday	4 practices per week minimum	Water Bottle Fins Kick Board Pull Float Snorkel	\$840 full payment \$120 monthly
Age Group Select					
Age	Description	Schedule	Commitment	List of Equipment	Fee
11 to 14	An advanced Age Group program. 11-12 swimmers must have a minimum of 5, and 13-14 swimmers must have a minimum of 3, "BB" USA Swimming National Age Group Motivational time standards. Swimmers will be admitted to this group only with permission from the Head Coach.	4:00 to 5:30pm on Monday and Friday 3:45 to 5:15pm on Tuesday and Thursday 5:00 to 6:30pm on Wednesday 12 to 1:30pm on Saturday	4 practices per week minimum 5 practices per week strongly encouraged	Water Bottle Fins Kick Board Pull Float Snorkel	\$875 full payment \$125 monthly
Senior					
Age	Description	Schedule	Commitment	List of Equipment	Fee
13 & Over	The Senior program is for Age Group and High School swimmers looking to achieve success in High School swimming and/or high-level USA/YMCA meets.	6:30 to 8:30pm on Monday to Friday 12 to 1:30pm on Saturday	4 practices per week minimum 5 to 6 practices per week strongly encouraged	Water Bottle Fins Kick Board Paddles Pull Float Snorkel	\$1,050 full payment \$150 monthly