



## Fall/Winter 2025-2026 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!	6-7pm Monday  5-6pm Tuesday and Thursday in Small Pool	2 practices per week minimum  3 practices per week strongly encouraged	Water Bottle	\$595 full payment \$85 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.	6-7pm Tuesday and Thursday  5-6pm Wednesday and Friday in Small Pool	3 practices per week minimum  4 practices per week strongly encouraged	Water Bottle Fins Kick Board Pull Float	\$665 full payment \$95 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.	5:15-6:30pm Monday to Friday	4 practices per week minimum	Water Bottle Fins Kick Board Pull Float	\$770 full payment \$110 monthly



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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.	5-6:30pm Monday to Friday  10:30am-12pm Saturday	4 practices per week minimum	Water Bottle Fins Kick Board Pull Float Snorkel	\$910 full payment \$130 monthly
Age Group Select					
Age	Description	Schedule	Commitment	List of Equipment	Fee
11 to 13	An advanced Age Group program. Swimmers must have a minimum of five single B times in five separate events (SCY or LCM) in the 11-12 age group. Swimmers will only be admitted to this group with permission of the Head Coach.	5-6:30pm Monday to Friday  12-1:30pm Saturday	4 practices per week minimum  5 practices per week strongly encouraged	Water Bottle Fins Kick Board Pull Float Snorkel	\$945 full payment \$135 monthly
Senior 1					
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.	6:30-8:30pm Monday to Friday  1:30-3pm Saturday	4 practices per week minimum  5 to 6 practices per week strongly encouraged	Water Bottle Fins Kick Board Paddles Pull Float Snorkel	\$1,120 full payment \$160 monthly
Senior 2					
Age	Description	Schedule	Commitment	List of Equipment	Fee
14 & Over	For swimmers looking to maximize their efforts and dedicate themselves to the sport. Swimmers will only be admitted with permission of the Head Coach. Participants must also have shown a history of dedication to the sport. Past attendance and attitude towards training will be considered. The goal of this group is to qualify for and compete at NE Seniors, YMCA Long Course Nationals, and other national level meets.	3:15-5:15pm Monday to Friday  1:30-3pm Saturday	Participants should attend all scheduled practice sessions but must attend 85% of all practice sessions during the season. Attendance will be evaluated monthly. Swimmers will be moved to Senior 1 if the swimmer proves unable to make the necessary time commitment. Participants in this group must be a positive influence and a role model for all others on the team.	Water Bottle Fins Kick Board Paddles Pull Float Snorkel	\$1,120 full payment \$160 monthly