 

YMCA BARRACUDA SWIM TEAM

TRAINING GROUPS AND TIMES

**Swim Team Prep**

This group is for swimmers ages 5 and older that are too advanced for swim lessons. These swimmers can do at least 25 yards of two of the competitive strokes, but are not yet able to do all four strokes. In this group they will advance in all four of the competitive strokes and learn other techniques, drills, and skills that they will need to join swim team.

Swim Team Prep practices Monday, Tuesday, Thursday, Friday 4:00pm-5:00pm.

**Age Group Team**

This group is for swimmers ages 6-10 that are able to do at least 25 yards of each of the four competitive strokes. These swimmers compete in USA Swimming sanctioned swim meets. The Age Group Team must have 70% attendance.

The Age Group Team swims Mon, Tues, Thurs, Fri 4:30pm-5:30pm.

**Senior Team**

This group is for swimmers ages 11-18 that are more advanced in the competitive strokes. These swimmers compete in USA Swimming sanctioned swim meets. The Senior Team must maintain at least 80% attendance.

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|   | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Dryland |   | 5-5:30pm | OFF |   | 5-5:30pm | 8:30-9am | OFF |
| Swim | 5:30-7:30pm | 5:30-7:30pm | OFF | 5:30-7:30pm | 5:30-7:30pm | 9-10:30am | OFF |

The Senior Team swims Mon, Tues, Thurs, Fri 5:30pm-7:30pm, and Saturday 9:00am-10:30am. There is also required dryland training Tues, Fri 5:00pm-5:30pm and Saturday, 8:30am-9:00am. Proper outdoor running attire and water/sport drink is required. Please see schedule below:

**Apparel**

All female swimmers must wear a one-piece training suit. Bikinis and “tankinis” are not permitted. Team suits are available for purchase. $25 for male jammers. $45 for female suit.

All male swimmers must have jammers or briefs. “Board shorts” are not permitted. Official Barracuda latex caps are available for purchase for $5. Official Barracuda silicone caps are available for $15.