



## **Y Hub Fins Swim Team Groups & Times**

**PLEASE NOTE:** Due to rules governing competitive swimming from Y-USA, ALL Y Hub Fins swimmers must belong to a 2 Adult or 1 Adult membership with a current active status. If your child is in the Y Hub Fins program, your membership cannot be placed on temporary freeze.

### **Novice Group (ages 6-11)**

This is a non-competitive group that focuses on developing a fundamental understanding of all 4 competitive strokes. Workouts are minimal yardage and focus on aerobic development and technique. Swimmers will be moved up to Age Group once they have shown a general understanding of all 4 strokes, starts, and turns. Swimmers should be able to swim 25 yards Free, and 25 yards Back for entry to this group. Swimmers may attend practices in both Hattiesburg and Petal. Registration with USA Swimming is not required, but required if attending swim meets. Swim Meets are optional. Swimmers are encouraged to attend practice 2-3 times per week.

Training fees are \$40 per month.

Hattiesburg Practices: Monday through Thursday 3:30-4:10pm

Petal Practices: Monday through Thursday 3:30-4:10pm

### **Age Group (ages 9-13)**

This group focuses on improving and perfecting technique. Swimmers are introduced to essential concepts in swim training. Swimmers should have a basic knowledge of all four competitive strokes. Registration with USA Swimming is not required, but required if attending swim meets. Competition in at least one meet in south Mississippi is highly encouraged. Swimmers may attend practices in both Hattiesburg and Petal. Swimmers are encouraged to attend 3-4 practices weekly.

Training fees are \$55 per month.

Hattiesburg Practices: Monday through Thursday 4:20 to 5:20pm

Petal Practices: Monday through Thursday 4:30-5:30pm

### **Senior Group (ages 13 and up)**

With our Senior Group, training is geared towards performance. Dryland and race strategies are emphasized at this level. Registration with USA Swimming is required as are attendance at swim meets. Swimmers are encouraged to attend at least 5 practices per week.

Training fees are \$70 per month.

Practices are offered in Hattiesburg Monday through Thursday from 5:30-7:30pm and on Fridays from 4:30-6:30pm. Dryland clothing required for dryland training, so always come prepared. Saturdays are in Petal from 9:00 to 11:00 am.

Visit our website: [www.yhubfins.org](http://www.yhubfins.org)

Please email Coach Addy Panzram at [yhubfins@ymcasems.org](mailto:yhubfins@ymcasems.org) for more information.