



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 3:30-4:15 pm.

Petal Practices: Mondays, Tuesdays and Thursdays 3:00-3:45pm

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 4:15 to 5:15 pm.

Petal Practices: Mondays, Tuesdays and Thursdays 3:45-4:45pm.

Junior Group (ages 12-14) Only Offered in Hattiesburg

This group is for those who are not quite old enough for our Senior Group, but are more advanced than our Age Group. Introduction to aerobic conditioning and some basic dryland training which will be non-weight bearing. 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 are encouraged to attend at least 4 practices per week. Training fees are \$60 per month.

Practices are offered in Hattiesburg Monday through Thursday from 5:15-6:30pm and on Fridays from 4:00 to 6:00pm. Saturdays in Petal from 8:00-10:00am.

High School Prep Group (ages 13-18) Only Offered in Petal

This group is designed for those who want to stay in touch with the water to maintain basic conditioning. The focus will be on improving and perfecting technique combined with aerobic training to help better prepare for the high school season and for those looking to improve their swimming skills. Registration with USA Swimming is not required, but required if wanting to attend swim meets. Training fees are \$40 per month.

Practices are offered in Petal only on Tuesdays and Thursdays 4:45-6:00pm.

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 not required, but required if attending swim meets. Competition in at least one meet in south Mississippi is highly encouraged. 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 5:15-7:15pm and on Fridays from 4:00-6:00pm. Dryland clothing required for the 5:15-5:45pm dryland Monday through Thursday, swimming only on Fridays. Saturdays in Petal from 8:00 to 10:00 am, swimming only on Saturdays.

Visit our website: www.yhubfins.org

Please email Coach Addy Panzram at yhubfins@ymcasems.org for more information.