



Aiming for the Stars!

We are committed to providing a challenging, supportive, and fun environment, to teaching good values that reach beyond the pool, and to giving our swimmers the opportunity to reach their full potentials in competitive swimming.



Nurturing Skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth and teens to become better swimmers, better competitors, so they are safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

All our Swim Coaches are certified. Their training includes Foundation of Coaching 101 & 102, Lifeguarding, CPR, AED, First Aid, Principles of competitive swimming & Diving, Athlete Protection, and Safety Training for Swim Coaches. Swim Team builds important skills that will benefit students for a lifetime.

YMCA of Kingston and Ulster County

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Kingston, NY 12401
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

Hurricanes Swim Team
YMCA of Kingston and Ulster County



A Youth Swim Team of all ages and abilities that participates in both YMCA and USA Swimming.

Enjoy the Swim Team Experience!

Our Mission Statement

Kingston YMCA Hurricanes shall provide training and competitive opportunities for swimmers of all abilities to reach both individual and team goals.

The Program Offers 6 Levels of swim.

A challenging atmosphere is provided where all swimmers from the high school swimmer to one just getting started can participate in year round swimming. Swimmers can develop into the elite High School experienced athlete looking to reach national swimming levels.

Hurricanes is a nonprofit swim organization whose purpose is to promote the sport of age-group swimming. We strive to provide a positive atmosphere in which to learn and develop the skills of competitive swimming. We promote the Y's core values of caring, honesty, respect and responsibility, which help our athletes throughout their swimming and academic career.



YMCA Swim Team

Our team is a YMCA swim team which means our team will compete against other YMCA Swim Teams in the YMCA North County League. Swimmers who qualify can participate in League Championship and State Championship Swim Meets as well as an opportunity to compete on a national level. Typically, there are four to six dual meets followed by League Championship and State meet.

USA SWIM TEAM

Our Team is also a USA Swim Team which allows our swimmers to optionally participate in USA Swim Meets. Typically, our team will participate in four to six USA Swim Meets annually. There is an additional fee of \$79 to participate in USA Swimming. This is a fee imposed by USA Swimming to cover insurance at USA Meets. USA Swimmers will receive periodic newsletters and magazines to update your swimmer on the latest news regarding USA Swimming.

BENEFITS

There are many benefits to swimming—meet new people and make new friends is one but swimming is one of the best forms of cardiovascular exercise as well. Once a swimmer, the skills will stay with you for a lifetime. Swimming also develops time management skills, self-discipline and sportsmanship.



2019/2020 Fee Schedule

Tryouts for new swimmers starts September 9, 2019 and Hurricanes Swim Team practice starts September 16, 2019

USA Swimming Optional Fee: \$79.00

Varsity Swimmer: \$349.50

Level 5: \$699

Level 4: \$699

Level 3: \$629

Level 2: \$599

Level 1: \$499



New Swim Team Members please contact Naisha Scott for Hurricanes Swim Team Website access (nscott@ymcaulster.org or 845-338-3810 x 114)

One Team/Two Locations

6 Lane, 25 yard competitive pools

KHS Pool, 403 Broadway, Kingston NY 12401
YMCA, 507 Broadway, Kingston, NY 12401