

**2025-2026 Foothills Area YMCA Swim Team**  
**PRACTICES BEGIN TUESDAY, SEPTEMBER 2nd**

**Practice Schedules**



**Team Registration**



**Member Dues and Obligations:**

YMCA Joining Fee: \$50 for new YMCA members (may be waived with code SWIMTEAM2025)

Registration Fee: \$60 paid at the time of registration

Optional USA Swimming Membership: \$100 per swimmer

<b>Training Group Monthly Dues</b>	<b>YMCA Member</b> (plus monthly YMCA membership dues)	<b>Non-YMCA Member</b> (for swimmers practicing ONLY at CCRC)
BRONZE	\$70	\$100
SILVER	\$100	\$130
GOLD	\$130	N/A
PLATINUM	\$160	N/A

Swimmers in BRONZE and SILVER groups must choose to either swim at the FAYMCA or at Central Clemson Rec Center. You will not be able to go back and forth between locations during the season unless there is a joint practice being held.

YMCA Membership: Swimmers who are practicing ONLY at CCRC are not required to be YMCA members, but they will not be allowed to participate in practices held at the YMCA or in any YMCA only swim meets.

Discontinue or pause swim team membership: Dues will be charged on the 1st of every month. In order to discontinue your swim team membership, you must contact me before the next month's dues are charged. In order to discontinue your YMCA membership, you must call the YMCA and have them cancel your membership in their system.

Refunds/Credits/Pro-rating: Refunds and credits will not be given for membership dues, monthly dues, or meet fees. If you do not plan on continuing swimming you must follow the procedure above to avoid being charged the monthly fee. There will be no pro-rating available for any groups.

Financial assistance: Financial Assistance is available at the Foothills Area YMCA. If you think you may qualify, you can find more information here: [faymca.org/financial-assistance](http://faymca.org/financial-assistance)

## FAY Training Groups

Training Group	Practices	Equipment and Meets
<b>BRONZE</b> For our new and novice younger swimmers. Swimmers must be able to swim 25 yards unassisted.  <b>Age Range:</b> 10 and under. Or swimmers new to competitive swimming.	3 Practices offered per week  3 hours of lane time	<b>Recommended Equipment:</b> Kickboard, long fins, goggles (2 pairs), a team cap, and a water bottle.  <b>Meets:</b> Encouraged, especially local Y meets and the FAY hosted meets
<b>SILVER</b> Swimmers must be able to complete a 100 IM, 50 fly, and 50 breast legally.  <b>Age Range:</b> 9-12 years old and by coach's invitation.	4 Practices offered per week  6 hours of lane time and drylands instruction	<b>Recommended Equipment:</b> Kickboard, long fins, goggles (2 pairs), a team cap, and a water bottle.  <b>Meets:</b> Encouraged, especially local Y meets and the FAY hosted meets.
<b>GOLD</b> Swimmers in this group must be able to swim a 200 IM, 100 fly, and 100 breast legally.  <b>Age Range:</b> 11-14 and by coach's invitation.	6 Practices offered per week  11 hours of lane time and drylands instruction	<b>Recommended Equipment:</b> Tempo trainers, pull buoy, paddles, kickboard, fins, snorkel, nose clip, goggles (2 pairs), a team cap, and a water bottle.  <b>Meets:</b> Strongly encouraged for athletes to attend all meets (local and travel).
<b>PLATINUM</b> For those athletes that have made the commitment to achieve at the highest levels of swimming. Must have at least one SC Swimming State cut in their given age group.  <b>Age Range:</b> 13&Over, and by coach's invitation	6 practices offered per week plus 2 morning drylands sessions  14.5 hours of lane time, weights, and drylands instruction	<b>Recommended Equipment:</b> Kickboard, training fins (short and long), tempo trainer, snorkel, pull buoy, paddles (two sets: one large, one small), water bottle, cap, goggles.  <b>Meets:</b> Highly recommended, this is a competition driven training group; all meets (local and travel) are strongly encouraged.