Interested in Joining the Team?

There will be open practice for all interested and new swimmers Tuesdays and Thursdays (5:00pm-6:00pm) in September (starting September 5). Come out for a FREE week's trial period and see what the swim team is all about.

New Swimmers:

To register or schedule a specific assessment appointment (available year round) or for more information, email fastswimming@yahoo.com

Once an assessment is complete, specific practice days and times will be given to the individual swimmer by the coach.

Returning Swimmers:

Practice will start back on Tuesday, September 5, 2023.

About Fin Aquatics

Under the leadership of head coach Shawn Columbia, our competitive swimmers are offered the option of swimming with the YMCA Swim Team and/or with the U.S. Swimming year-round team.

Emphasis is placed on personal skill improvement as well as good sportsmanship and team spirit. Dedication, teamwork, discipline, and goal setting are all objectives of the program.

We have swimmers compete at all levels from city, state, regionals, nationals and Olympic trials.

Our goal is to continue to build a swim program that will be a developmental tool for all swimmers.

RANDOLPLH-ASHEBORO YMCA
343 NC Hwy 42 North
Asheboro, NC 27203
(336) 625-1976
www.randolphasheboroymca.com

MAKE A SPLASH

FAST SWIMMING

RANDOLPH-ASHEBORO YMCA

SAFE SPORT

F.A.S.T. – Fin Aquatics Swim Team

About FIN Aquatics

- Current technology in swim technique.
- Individualized goal setting for all levels of swimming.
- Option to swim competitively through YMCA swimming and USA Swimming (additional meet costs).
- Coach/swimmer/parent interaction.
- Two team levels designed to accommodate individual ability levels.

Requirements

- Open to boys and girls ages 6 and up.
- Must have a copy of birth certificate.
- Must swim four lengths (25 meters) of the pool without stopping.
- No competitive experience needed.
- Must be a YMCA member (financial assistance is available).
- Minimum of 12 hours of parental team volunteer/support time.

Competition

- Meets are a great tool for measuring improvement and assessing goals.
- We average one swim meet per month, October – March.
- Meet costs vary per swimmer depending on number of events and number of days.

Cost

*REGISTER DIRECTLY WITH SWIM COACHES IN THE AQUATICS AREA/OFFICE.

- $40 Registration Fee (Includes YMCA registration).
- **Blue:** $60 Monthly Fee. For this group, practice will be Tuesday & Thursday, from 5:00 PM –7:00 PM.
- **Gold:** $85 Monthly Fee. For this group, practice will be 2-6 days a week for two hours. Times are dependent upon the day of practice.

Levels

Swimmers will be placed into a level after their assessments. This is only an initial placement. Swimmers will be moved between levels as their skills progress and goals change.

- **Blue:** Beginner
- **Gold:** Advanced

Practice Times

Swimmers will be assigned to specific practice times based on skill level.

- **Blue:** Tues/Thurs 5:00 PM—7:00 PM
- **Gold:** Mon-Thurs 4:00 PM—6:00 PM
- Bonus Clinics on selected Saturdays

Coaching Staff

Shawn Columbia
Head Coach

Shawn brings 30+ years of coaching experience and dedication to the sport. He founded the FAST swim team and has coached it for more than 27 years. Shawn has coached summer league for 26 years and is the head coach for the Asheboro High School swim team. Shawn has received numerous High School Coach of the Year awards. He served on the Zones staff for more than 10 years. Shawn also volunteers as a Special Olympics Committee Member and Local Event Coordinator.

Erin Burton
Assistant Coach

Erin brings several years of coaching experience to our swimmers. A former GYC coach and summer league coach, Erin has experience with age group swimmers, particularly in swim technique and form.

Swimmers must have swimsuits, goggles, swim fins and swim cap.

Team shirts & caps will be available for purchase.

To register, schedule an assessment appointment (available year round), or for more information email **fastswimming@yahoo.com**