ABOUT THE WILSON **WHIRLPOOLS**

The purpose of the Wilson Whirlpools competitive swimming opportunities for the youth of Wilson while empowering positive leaders in and out of the pool.

Dive into fun and fitness with our Y-USA Swim Team! Our team offers expert coaching, skill development, and a supportive community. Whether you're a beginner or a seasoned swimmer, we have a place for you. please stop in to register and receive further





FOUNDATION YMCA

233 Nash Street N Wilson, NC 27893

CONTACT DETAILS

Questions, contact us at 252-291-9622 or at whirlpools@wilsonymca.org

Y-USA **SWIM TEAM**

FOUNDATION YMCA WHIRLPOOLS

SWIM TEAM LEVELS

BRONZE LEVEL:

- Novice level for swimmers 10 and under.
- Focus on developing foundational techniques in a fun, supportive environment.
- Prerequisite: Must swim 25 yards freestyle and 25 yards backstroke.
- Schedule: 3 practices per week, 1 hour each.
- >> COST: \$89 PER MONTH.

SILVER LEVEL:

- Intermediate level focusing on legal strokes and building endurance.
- Prerequisite: Ability to swim all strokes legally.
- Schedule: 4 practices per week, 1 hour each.
- >> COST: \$99 PER MONTH.

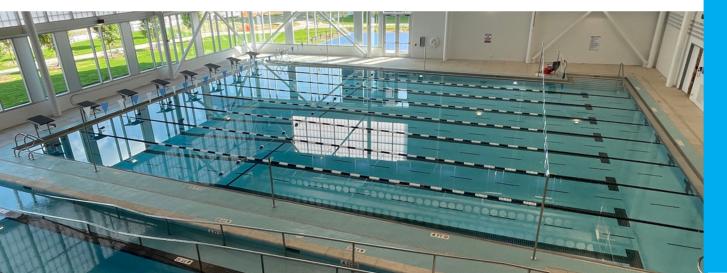
GOLD LEVEL:

- Advanced level with intensive training for senior-level competition.
- Schedule: 4 practices per week, 1.5 hours each.
-) Cost: \$125 per month.

HIGH SCHOOL DEVELOPMENT:

- Designed for swimmers preparing for high school swim teams or triathlons.
- Focus on skill improvement, stroke development, starts, turns, and conditioning.
- Schedule: 3-4 practices per week, 1.5 hours each.
- >> Cost: \$99 per month.





REGISTRATION:

Families should consult the Coach or Aquatics Director to determine the appropriate level for their swimmer. Registration can be completed at the YMCA front desk, where all required documents and information will be provided

MEMBERSHIP REQUIREMENT:

All swimmers must maintain an active membership with the Foundation YMCA.

WANT MORE INFORMATION?

fill out form and return to
Foundation YMCA front desk staff and
our swim team coach will follow up
with you!

SWIMMER FULL NAME

PHONE NUMBER

EMAIL ADDRESS

LEVEL