

# ABOUT THE WILSON WHIRLPOOLS

The purpose of the Wilson Whirlpools Swim Team is to provide fun, safe, and competitive swimming opportunities for the youth of Wilson while empowering them to become strong, confident, and 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 information

Scan me to  
sign up!



## FOUNDATION YMCA

233 Nash Street N  
Wilson, NC 27893

## CONTACT DETAILS

Questions, contact us at  
252-291-9622 or at  
[whirlpools@wilsonymca.org](mailto: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