



Schedule begins August 22, 2022
 *Refer to monthly team calendar for Saturday practice dates.



Harrison Family YMCA
 1000 Independence Drive
 Rocky Mount, NC 27804

RMY Racers Swim Team Practice Schedule					
	Mini-Racers	Racers	Bronze/HS Development	Silver	Gold
Monday	4:30 - 5:30 PM	4:30 - 5:30 PM	5:30 - 6:45 PM	5:30 - 7:00 PM	5:30 - 7:30 PM
Tuesday	4:30 - 5:30 PM	4:30 - 5:30 PM	5:30 - 6:45 PM	5:30 - 7:00 PM	5:30 - 7:30 PM
Wednesday	4:30 - 5:30 PM	4:30 - 5:30 PM	5:30 - 6:45 PM	5:30 - 7:00 PM	5:30 - 7:30 PM
Thursday	4:30 - 5:30 PM	4:30 - 5:30 PM	5:30 - 6:45 PM	5:30 - 7:00 PM	5:30 - 7:30 PM
Friday	4:30 - 5:30 PM	4:30 - 5:30 PM	5:30 - 6:45 PM	5:30 - 7:00 PM	5:30 - 7:30 PM
Saturday*	TBA 9:00 - 10:00 AM	TBA 9:00 - 10:00 AM	TBA 8:30 - 10:00 AM	TBA 8:30 - 10:00 AM	TBA 8:30 - 10:00 AM



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
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DIVE IN STAND OUT

RMY RACERS SWIM TEAM
 Short Course Season 2022-2023

HARRISON FAMILY YMCA



ABOUT THE TEAM!

The YMCA Racers Swim Team is a year-round competitive team stressing character and individual development while promoting a lifelong love of swimming. Swimmers build strong friendships, learn proper stroke mechanics, starts and turns, gain endurance and learn about sportsmanship in a safe and friendly environment. RMY is a member of USA Swimming, the Greater Y Sunbelt Swim Association and the East Carolina Swim League. The team welcomes new members of all ages and ability levels.

Ages 5 & Up



WELCOME TO ALL

Financial Assistance is available to those who apply and qualify. Annual Campaign funds are raised each year to help provide this program to the community. Please ask for a financial assistance form at the front desk or download and print from our website.

WE HAVE A SWIM TEAM LEVEL FOR YOU!

Mini-Racers: This is our novice level for swimmers ages 9 and under with emphasis on technique in a fun learning environment. Swimmers must be able to swim 25 yards freestyle and 25 yards backstroke.

Racers: This level is for swimmers ages 10 and over who are able to swim 25 yards freestyle and 25 yards backstroke. Emphasis on swimming fundamentals.

Bronze: This group needs to have the ability to swim all strokes legally. Focus is on endurance and correct stroke. Dry-land training is introduced.

Silver: In this group, the primary focus is on endurance training while continuing stroke, start and turn refinement. Swimmer will learn about race strategies and goal setting. More practice time is expected.

Gold: Swimmers at this level are committed to more intensive training and senior-level competition.

High School Development: Swimmers in this group will improve skills, focus on stroke development, starts, turns and physical conditioning in preparation to compete with their high school swim team or in triathlons.

Required: YMCA Membership

\$82 Annual registration fee for USA & GYSSA membership (required for all swimmers)

Monthly Team Fees:

⇒ Mini-Racers & Racers: \$65 per month

⇒ Bronze & High School Development: \$74 per month

⇒ Silver: \$81 per month

⇒ Gold: \$97 per month

***\$5 discount for each additional family member**



For more information contact:

Yvonne Wilkins, Swim Team Coordinator at (252) 972-9622 x. 236