



Schedule Begins June 01, 2020
 *Refer to monthly team calendar for Saturday practice dates.

| Practice Schedule | RMY Racers Swim Team | | | | |
|-------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| | Mini-Racers | Racers | Bronze/HS & Adult Development | Silver | Gold |
| Monday | 8:00 - 9:00 AM 4:00 - 5:00 PM | 8:00 - 9:00 AM 4:00 - 5:00 PM | 7:30 - 9:00 AM 4:00 - 5:15 PM | 7:30 - 9:00 AM 4:00 - 5:30 PM | 7:30 - 9:00 AM 4:00 - 6:00 PM |
| Tuesday | 4:00 - 5:00 PM | 4:00 - 5:00 PM | 4:00 - 5:15 PM | 4:00 - 5:30 PM | 4:00 - 6:00 PM |
| Wednesday | 8:00 - 9:00 AM 4:00 - 5:00 PM | 8:00 - 9:00 AM 4:00 - 5:00 PM | 7:30 - 9:00 AM 4:00 - 5:15 PM | 7:30 - 9:00 AM 4:00 - 5:30 PM | 7:30 - 9:00 AM 4:00 - 6:00 PM |
| Thursday | 4:00 - 5:00 PM | 4:00 - 5:00 PM | 4:00 - 5:15 PM | 4:00 - 5:30 PM | 4:00 - 6:00 PM |
| Friday | 8:00 - 9:00 AM | 8:00 - 9:00 AM | 7:30 - 9:00 AM | 7:30 - 9:00 AM | 7:30 - 9:00 AM |
| Saturday* | TBA 10:30 - 11:30 AM | TBA 10:30 - 11:30 AM | TBA 9:30 - 11:00 AM | TBA 9:30 - 11:00 AM | TBA 9:30 - 11:00 AM |



Harrison Family YMCA
 1000 Independence Drive
 Rocky Mount, NC 27804



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DIVE IN STAND OUT

**RMY RACERS SWIM TEAM
 Summer 2020**

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.



Financial Aid Policy

The Harrison Family YMCA is committed to extending our services to as broad a membership as possible. If full payment of program fees presents a financial hardship, assistance is available to those with genuine need. Confidential financial assistance applications are available at the front desk.

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 is 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

\$74 Annual registration fee for USA & GYSSA membership (required for all swimmers)

Monthly Team Fees: Gold -\$74 Silver- \$69 Bronze - \$64

Racers - \$59 Mini-Racers - \$59 HS Development - \$64

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

For more information contact:

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