

**Goldsboro
YMCA
Sharks**



GOLD SWIMMING



GOLD Training Groups

White

Swimmers age 6 and up who can swim the length of the 25-meter pool in both freestyle and backstroke. Expected attendance is 2 times per week.

Red

Swimmers age 6 and up who can swim the length of the 25-meter pool in both freestyle and backstroke and know the beginnings of breaststroke, butterfly, and flip turns. Expected attendance is 2 times per week.

Bronze

Swimmers age 8 and up who can swim a 50-meter freestyle, 50-meter backstroke, 25-meter legal butterfly, and 25-meter legal breaststroke. Expected attendance is 3 times per week.

Silver

Swimmers age 10 and up who can swim a 100-meter freestyle, 100-meter backstroke, 50-meter butterfly, 50-meter breaststroke and a 200-meter IM. Expected attendance is 4 times per week.

Gold

Swimmers age 11 and up who have achieved at least a B or better qualifying time in 3 or more events. Expected attendance is 5 practices per week.

Senior 1

Swimmers age 13 and up who have achieved a BB or better qualifying time in 3 or more events. Expected attendance is 6 practices per week.

Senior 2

Swimmers age 15 and up who have achieved an A or better qualifying time in 2 or more events. Expected attendance is 8 practices per week.

2020-2021 Short Course Practice Schedule

* This schedule is subject to change and will evolve throughout the season.
Families will be notified when changes are upcoming.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		3:30-4:30 pm		3:30-4:30 pm		10:00-11:00 am
Red		4:00-5:00 pm		4:00 – 5:00 pm		10:00-11:00 am
Bronze	3:30-4:30 pm		3:30-4:30 pm		3:30-4:30 pm	10:00-11:00 am
Silver	4:30-5:45 pm	4:30-5:45 pm	4:30-5:45 pm	4:30-5:45 pm		9:45-11:00am
Gold	4:30-6:30 pm	4:30-6:30 pm^	4:30-6:30 pm	4:30-6:30 pm^	4:30-6:30 pm	8:00-10:00 am
Senior	4:15-6:30 pm^	5:45 - 7:00 am 4:30-6:30 pm	4:15-6:30 pm^	5:45 - 7:00 am 4:30-6:30 pm	4:15-6:30 pm	8:00-10:00 am

^Includes 30-minute dryland session with certified trainer. Bring sneakers and workout clothes over your swimsuit.

2020-2021 GOLD Team Fees

All swimmers must be a full Goldsboro Family YMCA member and register annually through the team website (<https://www.teamunify.com/team/ncgys>). Fee payment is set up at that time. USA Swimming and GYSSA fees are charged to each swimmer upon registration.

Level	Monthly Fee	Annual USA Swimming	Annual GYSSA
		Registration Fee	League Fee
White	\$40	\$74	\$4
Red	\$40	\$74	\$4
Bronze	\$50	\$74	\$4
Silver	\$65	\$74	\$4
Gold	\$75	\$74	\$4
Senior	\$90	\$74	\$4

Please contact Sandra Burroughs, GOLD Head Coach, for any questions.
Email: sandra.burroughs@goldsboroymca.org