



ENFINITY WEST KERNSERVILLE

2025-2026 SEASON INFORMATION

SITE INFORMATION

The Crossing Church: Family Life Fitness Center
1130 North Main Street, Kernersville NC, 27284

OPEN HOUSE SWIM PRACTICES AUGUST 4TH - 12TH

CONTACT COACH BRILEY PENNER AT SIGN-UP!

Sigma @ Bolton Pool | 7-9am
Delta @ The Crossing | 6-7:30pm
Royal @ The Crossing | 5-6pm
Marine/Sky @ The Crossing | 4-5pm

Meet the Coaches



Briley Penner
Site Director, Age Group Coach,
Aqua Farm Administrator

Lead Coach: Delta, Royal, Marine
Email: bpenner@enfinityfit.com



Gunther Rodriguez Osorio
Blue Group & Sigma Lite Coach,
Aqua Farm Director

Lead Coach: Sigma, Sky, Aqua Farm
Email: grodriguez@enfinityfit.com

2025-2026 Short Course Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sigma	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	6-8am (Winston-Salem Site)
Delta	(Dryland) 5:00-5:45pm 6:00-7:30pm	6:00-7:30pm	(Dryland) 5:00-5:45pm 6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	7-8:30am
Royal	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	8:30-9:30am
Marine		4:00-5:00pm		4:00-5:00pm		8:30-9:30am
Sky	5:00-6:00pm		5:00-6:00pm		5:00-6:00pm	
Aqua Farm	Swim Lessons Coming Soon!					

QUESTIONS? CONTACT COACH BRILEY PENNER (SITE DIRECTOR) AT [BPENNER@ENFINITYFIT.COM](mailto:bpenner@enfinityfit.com)
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BLUE GROUP

Blue Group is Enfinity's age group swimming program and offers 4 levels for swimmers based on a combination of ability and age.

Blue Group begins with swimmers who have proper understanding of swimming 1-length of the pool in freestyle, backstroke and breaststroke. As they move through the levels they gain both confidence, endurance and sound stroke mechanics. Enfinity works to safely move swimmers along their swimming path so that they train in the group that most appropriately fits their age and skill level.

*Special exemptions can be made to the age rule of each group.

Royal (8-12yrs)

Lead Coach: Briley Penner



Monthly Dues: \$165
Registration Fee: \$200
Weekly Practices: 5

Practice Schedule

Monday - Thursday | 4pm - 5pm
Saturday | 8:30pm-9:30pm

Marine (7-12yrs)

Lead Coach: Briley Penner



Monthly Dues: \$165
Registration Fee: \$200
Weekly Practices: 3

Practice Schedule

Tuesday/Thursday | 4pm - 5pm
Saturday | 8:30am - 9:30am

Sky (5-8yrs)

Lead Coach: Gunter Rodriguez Osario



Monthly Dues: \$150
Registration Fee: \$200
Weekly Practices: 3

Practice Schedule

Monday, Wednesday, Friday
• 5pm - 6pm



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BLACK GROUP

Black Group is Enfinity's senior level program. We break our program into the levels based on a combination of ability, interest and age. In general, Black Group consists of swimmers ages 13 & up. Whether your swimmer wants to swim for a few months to gain fitness, or they want to compete on the national stage, Enfinity has tracks that fit the spectrum of senior level ability and interest.

*Special exemptions can be made to the age rule of each group.

Sigma Lite (13yrs & up)

Lead Coach: Gunther Rodriguez Osario



Monthly Dues: \$225
Registration Fee: \$200
Weekly Practices: 6

Practice Schedule

Monday - Friday | 5:30am - 7am
Saturday | 6-8am (WS)*

*Sigma Lite Saturday practice will be held at Sherwood Pool



Delta (7-12yrs)

Lead Coach: Briley Penner



Monthly Dues: \$185
Registration Fee: \$200
Weekly Practices: 8

Practice Schedule

Monday/Wednesday
• Dryland | 5pm - 5:45pm
• Swim | 6pm - 7:30pm
Tuesday/Thursday/Friday
• Swim | 6pm - 7:30pm
Saturday
• Swim | 7am - 8:30am



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