

# ENFINITY WEST WINSTON-SALEM 2025-2026 SEASON INFORMATION

### SITE INFORMATION

## OPEN HOUSE SWIM PRACTICES JULY 29<sup>TH</sup> - AUGUST 12<sup>TH</sup>

CONTACT COACH TIM HILLEN TO SIGN-UP!

Open House Location: Bolton Park Pool 1590 Bolton St SW, Winston-Salem, NC 27103

Black Group (13yrs +): 7am - 9am Blue Group (12yrs & Under): 8am - 9am

#### **Meet the Coaches**



Tim Hillen
Founder & Co-Owner
Senior Coach

Lead Coach: Sigma Email: thillen@enfinityfit.com



DJ Jones Head Age Group Coach

Lead Coach: Delta, Beta, royal Email: dj@enfinityfit.com



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

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



Keri McDuffee Age Group & Developmental Coach

Lead Coach: Marine, Cadet, Swim Team Prep Email: kmcduffee@enfinityfit.com

## **ENFINITY WEST:** WINSTON-SALEM **Training Locations**

#### **SHERWOOD POOL**

1199 Fenimore, St Winston-Salem, NC 27103

#### **MASTERS FITNESS**

214 N Broad St, Winston-Salem, NC 27101

#### **BOLTON PARK POOL**

1590 Bolton St SW, Winston-Salem, NC 27103

## WAKE FOREST UNIVERSITY Well Being Center

1834 Wake Forest Rd, Winston-Salem, NC 27109

#### **CLEMMONS WEST POOL**

3376 Middlebrook Rd Winston-Salem, NC 27012



# ENFINITY WEST WINSTON-SALEM 2025-2026 SEASON INFORMATION

## **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 (13yrs & up)

Lead Coach: Tim Hillen



Monthly Dues: \$265 Registration Fee: \$200 Weekly Practices: 11

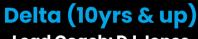
#### **Practice Schedule**

All Swimmers:

- Monday Friday | 5am 7am
- Saturday
  - Swim, 6am 8am
  - Strength, 8:30am 9:30am

#### Group A:

- Mon/Wed (Strength) | 5:30-6:30pm
- Tue/Thur (Swim) | 4-5pm Group B:
- Mon/Wed (Swim) | 4-5pm
- Tue/Thur (Strength) | 5:30-6:30pm



Lead Coach: DJ Jones



Monthly Dues: \$225 Registration Fee: \$200 Weekly Practices: 9

#### **Practice Schedule**

Mon/Wed/Fri | 5pm - 7pm Tuesday/Thursday

- Strength | 4pm 4:45pm
- Swim | 5pm 7pm
- Saturday
   Swim | 9am 11am
- Strength | 11:15am 12pm

## Beta (7-12yrs)\*

Lead Coach: DJ Jones





Monthly Dues: \$185 Registration Fee: \$200 Weekly Practices: 3

#### **Practice Schedule**

Mon/Wed/Thurs | 7pm - 8pm

\*seasonal program only



# ENFINITY WEST WINSTON-SALEM 2025-2026 SEASON INFORMATION

## **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 comfortably complete a length of the pool in 3 of the 4 competitive strokes. Royal and Marine swimmers must be comfortable completing in all 4 competitive strokes. 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: DJ Jones** 

# Marine (7-12yrs) Lead Coach: Keri McDuffee

**Monthly Dues:** 



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

# Practice Schedule Mon/Wed/Fri | 4pm - 5pm Tue/Thur (Strength) | 5pm - 5:45pm Saturday | 8am - 9am



Registration Fee: \$200
Weekly Practices: 4

\$175

**Practice Schedule** Mon/Wed/Fri | 4pm - 5pm Saturday | 8am - 9am

# Cadet (7-10yrs) Lead Coach: Keri McDuffee



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

Practice Schedule Tue/Thur | 4pm - 5 pm Saturday | 8am - 9am

# Sky (5-8yrs) Lead Coach: Gunter Rodriguez Osario



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

#### Practice Schedule Tue/Thur | 4pm - 5pm



# **ENFINITY WEST WINSTON-SALEM**2025-2026 SEASON INFORMATION

## **SWIM TEAM PREP\***

(FORMERLY AQUA FARM)

Swim Team Prep is our entry level swim team program for swimmers who may be interested in competing.

Participants in this group are not required to race or compete in meets.

\*seasonal program only



Lead Coach: Kerri McDuffee

Monthly Dues: \$175

Registration Fee: \$200

Weekly Practices: 1 or 2

#### **Practice Schedule**

Tuesday/Thursday | 5:00pm - 5:30pm Saturday | 8:00am - 9:00am





