



# 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](mailto:thillen@enfinityfit.com)



**DJ Jones**  
**Head Age Group Coach**

Lead Coach: Delta, Beta, royal  
Email: [dj@enfinityfit.com](mailto:dj@enfinityfit.com)



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

Lead Coach: Sigma, Sky, Aqua Farm  
Email: [grodriguez@enfinityfit.com](mailto:grodriguez@enfinityfit.com)



**Keri McDuffee**  
**Age Group & Developmental Coach**

Lead Coach: Marine, Cadet,  
Swim Team Prep  
Email: [kmcduffee@enfinityfit.com](mailto: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

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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 (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



#### Delta (10yrs & up)

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*

**QUESTIONS? CONTACT COACH TIM HILLEN (SITE DIRECTOR) AT [THILLEN@ENFINITYFIT.COM](mailto:THILLEN@ENFINITYFIT.COM)**

**ENFINITYSWIM.COM**



# ENFINITY WEST WINSTON-SALEM

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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 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**



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

##### Practice Schedule

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

#### Marine (7-12yrs)

**Lead Coach: Keri McDuffee**



**Monthly Dues:** \$175  
**Registration Fee:** \$200  
**Weekly Practices:** 4

##### 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 - 5pm  
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

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# ENFINITY WEST WINSTON-SALEM

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### 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

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#### Practice Schedule

Tuesday/Thursday | 5:00pm - 5:30pm

Saturday | 8:00am - 9:00am



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