

WYNS

WOODSON Y NORTHERN SWIMMERS



Join the WYNS Swim Team!

The WYNS swim team fosters a supportive and inclusive environment where swimmers of all levels can grow, develop their skills, and enjoy the sport of swimming.

We are a YMCA and USA Swimming sanctioned year-round team offering high-quality coaching and technique instruction.

We Welcome All Ages & Swim Levels

- Learn proper competitive swimming techniques
- Improve your skills at your own pace — competition is optional
- Enjoy a fun, team-oriented atmosphere
- Build friendships and healthy habits that last a lifetime
- Reach your full potential at every stage of development

**Try WYNS
1 Week Free**

See if your child
enjoys being part of
our Swim Team!

WYNS MISSION

To provide opportunities for every member to reach his/her potential at each stage of their development; giving swimmers of all ages the opportunity to improve swimming skills.

If Your Child Loves to Swim — Join WYNS!

WYNS is one team at both Woodson YMCA Wausau & Aspirus Branches
Questions? Email us at: SwimWYNS@gmail.com



What to Expect Joining WYNS Swim Team!

WYNS Novice Practice Group

Swimmers must be able to swim 25 yards unassisted on both their front and back without a flotation device. Children as young as 3 years old are welcome to join!

- 2 Weekly – 45 Minute Practices
- Introduction to the fundamentals of competitive swimming
- Learn the basics of freestyle, backstroke, and body balance in the water
- Practice starts, flip turns, dolphin kicks, and streamlining techniques

WYNS Blue Practice Group

Swimmers must be able to swim a proficient 50 yards of both freestyle and backstroke, demonstrating proper body balance, rotary breathing, and an efficient flutter kick.

- 2 Weekly – 60 Minute Practices
- Develop competitive swimming skills
- Learn breaststroke kick and butterfly
- Learn how to increase speed in freestyle and backstroke
- Learn advanced skills such as backstroke finishes, flip turns and racing starts

Get started at our website: swimwys.com

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