

Jackson-Germantown Swim Team

Jackson-Germantown Swim Team is a year round swim team offering youth and adults the opportunity to refine their competitive swimming skills. The program is structured in a goal-oriented fashion, allowing a swimmer to work and learn at his or her own pace. Emphasis is placed on the individual's long-term goals. Kathy Kinton, Jackson-Germantown Swim Team Head Coach assigns swimmers to the appropriate group.

Jackson-GST Offers

- ❖ One week free trial period for all interested swimmers
- ❖ Practice groups for all levels- beginning to collegiate athletes
- ❖ A flexible practice schedule
- ❖ Year-round swimming opportunities for all ages in local and away swim meets (not required)
- ❖ An indoor facility located at 1515 Campbell Street, Jackson, TN



Levels for Team Swimmers

Novice - new to swimming

Bronze
Silver
Gold
Senior



Competitive Swimming **and**

Swim Lessons

Ages 4 - 18 Years

Benefits of Swimming

Individual Discipline
Team Camaraderie
Goal Setting and Achievement
Low Risk of Injury
Improved upper and lower body strength
Stress Reduction
Improved Blood Pressure
Controlled Breathing
Cardiovascular Endurance
Lean Muscle Development
Life-long Sport
Skill Development

Swim Team Fees

\$110 Registration Fee – Yearly
Novice \$55/month
Bronze \$60/month
Silver \$65/month
Gold \$65/month
Senior \$75/month



Gator Swim Team **Aquatics Staff**

Jackson-Germantown Head Swim Coach
Kathy Kinton
731-424-0912 ext. 30
aquatics.dir@ymcaofjackson.org

Germantown Head Swim Coach
Scott Robinson
901-757-7390
srobinson@germantown-tn.gov

Jackson-Germantown Team Coordinator
Denise Hurst
731-267-5713
hurst8281@bellsouth.net

Is the **GATOR** in you?

Call Coach Kathy at
731-424-0912 ext 30 for
your
One week trial period!

Jackson Family YMCA
Germantown Gators
Swim Team
Satellite Location
1515 Campbell Street
Jackson, TN 38305
731-424-0912

Jackson- Germantown Swim Team

Germantown



Swim Team

Go Gators!