



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF GROWTH TEAM WORK FAMILY

**Join The YMCA Riptide Swim Team, Where Character Growth Means Just As Much As Athletic Growth
ROCKY MOUNT YMCA**

The Riptide swim team values hard work, dedication, goal setting, and growth. Growth as an athlete as well as an individual. We promote becoming a strong individual that can work as part of the team. We teach sportsmanship at every opportunity even when we race in practice. Our team also focuses on technique and works hard on developing strong swimmers who can swim all competitive strokes.

- Build Confidence
- Gain knowledge to become healthier and stronger
- Learn and become strong in all competitive strokes
- Great for all ages

SEASON: Aug 27-Mar 28

For more info visit our team website
www.fcfyriptideswim.wixsite.com/riptide



Prices and schedule on back—————>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

We have our team broken up into groups based on age and ability to best serve all swimmers and maximize their time with a coach. Having the separate groups allows us to utilize every second of practice. It helps keep all practices appropriate to your swimmers' levels and keeps swimmers from feeling like they are falling behind or keeps them from not working hard enough. For more info on the different groups please check out our handbook, or team website!

Practice Groups

8 and Under—Practices M, T, & Th 5:15–6:00

Cost: Split pay option—2 payments of \$92

Save with Full Pay— 1 Payment of \$166

Age Group 9–12—Practices M, T, & Th 5:45–7:00

Cost: Split pay option—2 payments of \$110

Save with Full Pay— 1 Payment of \$197

Senior 13–21—Practices M, – Th 6:00–7:30

Cost: Split pay option—2 payments of \$131

Save with Full Pay— 1 Payment of \$235

Age Group Elite—Practices M– Th 6:00–7:45

Cost: Split pay option—2 payments of \$138

Save with Full Pay— 1 Payment of \$248

Senior Elite—Practices M– Th 6:00–8:00 F 4:00–5:30

Cost: Split pay option—2 payments of \$145

Save with Full Pay— 1 Payment of \$260