



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: September 2-March 27
For more info visit our team website
www.fcfyriptides.com



Prices and schedule on back————>



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Practice Groups:

8 and under: This group is for swimmers who are around 8 years old or younger. The primary focus of this group is working on technique for the four competitive strokes and learning how to properly and safely dive into the pool.

Practice Days are Monday, Tuesday, and Thursday

Practice Times are 5:15-6:00pm

Cost Split pay option 2 payments of \$92
SAVE with single pay option \$166

Age Group / Senior Group: This group is for swimmers who are older than 8. This group still primarily focuses on technique but also adds endurance and strength training. This group is for swimmers who are still new to the sport or just casual swim team swimmers. Great for those looking to become better at the sport or those looking to get in shape.

Practice Days are Monday, Tuesday, and Thursday

Practice Times are 5:45-7:00pm

Cost: Split pay option 2 payments of \$121
SAVE with single pay option \$216

Elite Swim Group: This group is for swimmers who are ready to really commit to swimming. This group is for ages 9-21 and is for those swimmers who need something more competitive. While this group still works on technique its primary focus is on strength training, endurance, sprint training, and advanced techniques. This group requires a higher commitment and strives for individual excellence and works towards regional cut times. This group will also participate in weight training.

Practice Days are Monday –Thursday and Friday

Practice Times are 6:00-8:00pm and 4:00-5:30pm on Fridays

Cost: Split pay option 2 payments of \$142
SAVE with single pay option \$254