



SWIM TEAM

2007-2008
Season

YMCA of Gloucester County
235 E. Red Bank Ave.
Woodbury, NJ 08096
856-845-0720
www.riptideswimming.com

About the team:

The YMCA of Gloucester County RIPTIDES Swim Team is designed for beginner through advanced level swimmers. As a "Riptide" they will have the opportunity to develop into the best swimmer they can, while learning to accept defeat, as well as victory.

Our goals for participants include:

1. developing self esteem
2. learning team work
3. accepting responsibility
4. having fun
5. improving health & fitness
6. learning & practicing character values
7. improve speed & endurance

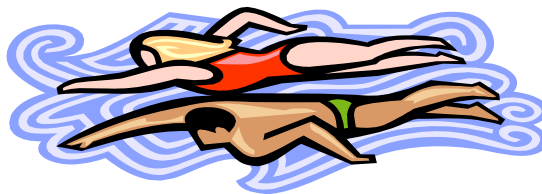
All swimmers will work on stroke mechanics, times and endurance to suit their individual needs.

The team participates in 5-9 dual meets of the South Jersey Swim League, and League Championships.

Swim Meets:

The Riptides swim in dual-meet format against teams listed below in the South Jersey Swim League. A typical season has 7-9 meets usually on Saturday afternoons.

- Salem County YMCA
- Camden County YMCA
- Burlington County YMCA
- Gloucester County YMCA
- Cumberland-Cape-Atlantic YMCA
- Brigantine
- Vineland Marlins
- Mainland Mariners
- Cape May Waves
- Millville



Practice Options, Times & Fees:

Option 1: Sept. 15th – Mid March

Extended season provides Fall conditioning before the regular swim season. Sept. 15 through Oct. 27 swimmers will practice 3 times per week.

Option 2: Oct 27th – Mid March

Regular swim season – Dual meets usually end in February with YMCA Championships held early in March.

Option 1 Practice Times (Sept – Oct);

Tues. 7-8pm, Sat. 1-2pm, & Sun. 5-6pm

Option 2 – Regular Season Practice Times

* Coach will assign squads

	Squad A	Squad B	Squad C
Tues	7-8:30pm	7-8:30pm	
Wed	7:45-9:15pm		6:15-7:15pm
Fri.	7:30-8:15pm	8-9pm	8-9pm
Sat.	12:30-2pm	2-3:30pm	2-3:30pm
Sun.	5-6:30pm	5-6:30pm	5:30-6:30pm

Fees:

	Squad A	Squad B	Squad C
Option 1	\$420.00	\$394.00	\$320.00
Option 2	\$362.00	\$336.00	\$263.00

- Fees are not pro-ratable
- Fees due 2 weeks before practice begins
- 2nd & 3rd child discounts available
- Scholarships available
- Payment plans may be set up (additional fee applies)
- \$25.00 non-refundable deposit required for Option 2
- \$150 deposit (\$25 non-refundable) required for Opt. 1

Try-Outs & Parent Meeting:

Sunday, September 9, 2007 12:00pm

Saturday, October 6, 2007 5:00pm

(bring copy of birth certificate)

Come to one of these times to learn about the YMCA Riptides, what's involved and meet the coaches. Open to ages 6-18 years, who know at least freestyle and back strokes. Parent meeting will start at time listed, with the tryouts beginning at the conclusion of the meeting.

**current Riptides swimmers will receive separate information for the upcoming season.*

Meet Only Option

High school swimmers may opt to swim meets only for the YMCA, in addition to their own high school team. Contact the Aquatic Director for more information.

Parent Information & Assistance

A "Team Packet" will be mailed after the security deposit has been received and the meet schedule has been confirmed. The fees cover meets, entry fees, practice and administrative expenses.

VOLUNTEERS:

The success of our team depends on active parent support. Parents and other friends of the swim team help by assisting at Home and Away meets by bringing in food items, officiating, timing, running cards and other duties. ***Please be prepared to volunteer throughout the season.***

Other Swimming Opportunities

Intro to Competitive Swimming

Unsure about joining the swim team? Try this program and find out what competitive workouts are all about. Focus is on learning the 4 competitive strokes, diving, starts & turns and building endurance.

Time: Saturday, 12-12:45pm

Date: Sept. 8-Oct. 20

Fees: Full Member: \$36

Basic Member: \$64

Swimmer's Clinic

Semi-private lessons geared toward helping you achieve your goals. Must be able to swim 2 lengths of the pool.

Thursdays, Sept. 6 – Oct. 25, 5:30-6pm

	Per Class	Full Session
Full Member	\$11.00	\$68.00
Basic Member	\$15.00	\$97.00

Membership Requirements:

Full Youth or Family YMCA membership is required for all team members before practice begins. Swimmers must present ID to Front Desk staff each time they come into the YMCA. Monthly fees are listed below. *(New members: additional joiner's fee required)*

Youth: \$16.00/month

Single Parent: \$37.00/month

Full Family: \$45.00/month

This membership includes use of the Fitness Center, weight room, steam room, and the gym and pool during scheduled hours of operation. For youth, some areas (i.e. steam room & weight room) are restricted due to age requirements. There are also discounted rates on all YMCA programs for Full Members.



Y SWIM TEAM™
We build strong kids, strong families, strong communities.

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