



We build strong kids, strong families, strong communities.

SPRING WARM-UPS

Get ready for summer swimming – fine tune strokes, increase endurance and speed, improve starts & turns. These programs are designed for youth who have swum competitively previously.

Spring Warm-ups for 5-10 years old

Must be able to swim between 100-200 yards of 1 or 2 strokes. This group runs from a light-hearted stroke-learning situation to a high level workout, dependent upon the swimmer's needs. Our Riptide Coaches will be running program. Space is limited. Remember if you have your e-mail registered at the front desk you can register on-line.

Registration:

Full members: February 8, 2010

Basic Members: February 15, 2010

Dates: March 16-May 7

Day: Tuesday 7:15 pm - 8:45 pm & Friday: 7:30 pm - 9:00 pm

Cost: Full Member: \$136.00

Basic Member: \$196.00

Non-Member: \$256.00

Spring Warm-Ups for 11-18 years old

This spring warm-up is intense and for swimmers who are at a higher level and very enthusiastic about swimming. Must be able to complete several thousand yards of workout at high levels of intensity with a good solid work ethic and enjoy some fast swimming! Our Riptide Coaches will be running program. Space is limited. Remember if you have your e-mail registered at the front desk you can register on-line.

Registration:

Full members: February 8, 2010

Basic Members: February 15, 2010

Dates: March 17-May 8

Day: Wednesday 7:45 pm - 9:30 pm & Saturday: 12:30 pm - 2:15 pm

Cost: Full Member: \$146.00

Basic Member: \$206.00

Non-Member: \$266.00