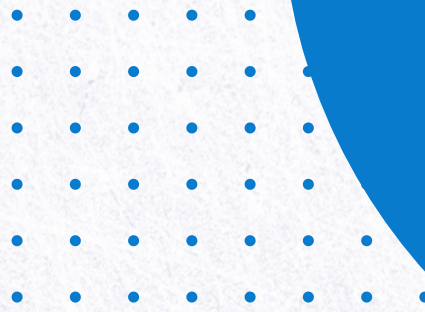


INTRODUCING GLOW RIPTIDE SUMMER TEAM



RIPTIDES BUT MAKE IT SUMMER

The GLOW YMCA Riptide coaching staff is excited to announce a fresh new structure for our summer swim program, offering options for swimmers of all levels and goals. Running June 2nd – August 8th (10 weeks).

TEAM OPTIONS

Wave Runners

Our classic summer swim program — now called Wave Runners — is perfect for swimmers looking for a fun, non-competitive experience. Practices will continue to run twice a week on Tuesdays and Thursdays, 4:00–5:20pm providing a great introduction to swim team practices and preparing athletes who may be considering joining a competitive team in the future. Wave Runners is open to swimmers of all skill levels who want to stay active, build skills, and have fun! There will be a fun meet at the end of the summer along with a possible optional YMCA meet with another team in our region. \$200- Members, \$275-Non-members

Surge (must meet time standards)

For swimmers ready to take their training to the next level, we are thrilled to introduce Surge. Surge practices will be held three times a week, M,W,F, 4:15–5:45 pm with swimmers also having the opportunity to participate in USA Swimming Long Course meets throughout the summer. Participation in Surge requires swimmers to meet minimum time standards to ensure readiness for more advanced training and meet entry time standards. This group is ideal for athletes looking to maintain and build their competitive edge over the summer months. \$250- Members, \$325- Non-members.

SURGE

TIME STANDARDS

50 Freestyle

8u – :45

10u – :40

12u – :35

14u – :33

15-18 – :30