

REGISTRATION BEGINS

August 15 2019

Register online at www.ymcamn.org/swimming/swim_team or visit our Member Services Desk

WHEN

Full Season: Sept. 23- Feb. 23
Fall Only: Sept. 23 - Dec. 1
Winter Only: Dec. 2 - Feb. 23

WHERE

All practices are held at the Ridgedale YMCA .

Meets will be held at a variety of YMCAs in the Minnesota area. The meet schedule for Fall/Winter will be available by October 1.

COST

Novice

- \$230 Fall Only OR Winter Only
- \$335 Full Season

Age Group

- \$245 Fall Only OR Winter Only
- \$360 Full Season

Senior

- \$260 Fall Only OR Winter Only
- \$385 Full Season

- * payment plan options available
- * Fees must be paid no later than October 4 for fall season and Dec 15 for winter season.

PRACTICE SCHEDULE

RIDGEDALE YMCA

Novice	M/W/F	5:30-6:30pm
	Sun	4:00-5:30pm
Age Group I & II	M/	6:30-7:30pm
	W/F	6:30-8:00pm
	Sun	5:00-6:30pm
Senior I & II	M/Th/F	7:00-8:30pm
	Sun	5:30-7:30pm

MORE INFORMATION

For any addition information on the Tidalwaves Swim Team contact:

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YMCA OF THE GREATER TWIN CITIES
RIDGEDALE YMCA

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FOR YOUTH DEVELOPMENT®
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RIDGEDALE TIDALWAVES

2019-2020 FALL/WINTER
SWIM TEAM
YMCA IN MINNETONKA



WHAT IS Y SWIM TEAM?

Becoming a member of the YMCA Swim Team means fun, fitness and teamwork. The YMCA swim team is run by trained coaches to improve swimmers' competitive skills and endurance through both appropriate developmental progression and healthy competition. The YMCA swim team promotes healthy lifestyles while embracing the four core values of Caring, Honesty, Respect and Responsibility.

WHAT CAN I EXPECT?

We offer structured competitive swim team practices including: warm-up, stretching, technique, endurance, and cool-down. Participants are expected to come to practice to work hard and improve skills. Expect to be a part of the team by participating in the meets. While it is not a requirement to participate in the meets, it does showcase the team aspect of swimming: you swim together, you win together.

WHO CAN JOIN?

Anyone who is between the ages of 5 and 18 can join the YMCA swim team! All swimmers must be members of the YMCA to participate.

Participants must demonstrate the following skills:

- Can swim 25 yards freestyle demonstrating breathing to the side and good body position
- Can swim 25 yards backstroke demonstrating good body position
- Can swim 25 yards breaststroke or butterfly is a plus
- Can demonstrate the fundamentals of a forward dive from the edge of the pool



SPLASH WEEK—NEW SWIMMERS

We recommend all new swimmers try out before registering. Our coaches will help you determine which level is the best fit. Join us the week of Sept. 10-14 free to give swim team a try!

Monday, September 16:
5:30-6:30pm

Wednesday, September 18:
5:30-6:30pm

Friday, September 20
5:30-6:30pm



PARENT VOLUNTEERS

The success of our team is closely linked with the participation of families. The team depends on volunteers to help run swim meets, plan and host social gatherings, or contribute to administrative support throughout the season. It teaches participants the value of helping others selflessly and doing something good for themselves as well as others.

Our team cannot function without volunteers! When your swimmers signs up for the team, **the expectation is that you will help volunteer.**