



RLH YMCA RAPIDS  
 Summer Swim 2024  
 Swim Team Information  
Practice Schedule  
**Starts May 28<sup>th</sup>**  
**at the Richardson YMCA**

LEVEL	Days	MON	TUES	WED	THURS	FRI
White/Blue (L1-2)	M-Th	8:15-8:45am	8:15-8:45am	8:15-8:45am	8:15-8:45am	OFF
Summer Swim	M-Th	7:30-8:15am	7:30-8:15am	7:30-8:15am	7:30-8:15am	8-9am
Bronze (L3)	M-F	7:30-8:15am	7:30-8:15am	7:30-8:15am	7:30-8:15am	8-9am
Silver (L4)	M-F	7:15-8:15am	7:15-8:15am	7:15-8:15am	7:15-8:15am	7-8am
Gold (L5)	M-F	6-7:15am	6-7:15am	6-7:15am	6-7:15am	7-8am
Senior (L6)	M-F	6-7:30am	6-7:30am	6-7:30am	6-7:30am	7-8am

Meet Schedule

Swimmers are expected to compete in swim meets. We will have a meet every weekend in June and two champs meets in July. **Summer Champs in July and Lone Star are HIGHLY encouraged for all swimmers.**

Summer Meets:

- Sunday, June 9<sup>th</sup> Semones YMCA
- Saturday, June 15<sup>th</sup> Rockwall OR Coppell YMCA
- Saturday, June 22<sup>nd</sup> Richardson OR Fort Worth YMCA
- Sat-Sun, July 6-7 Summer Champs at Semones YMCA
- Thurs-Sun, July 18-21 LONE STAR CHAMPS at Lewisville Westside Natatorium

**We will not have practice Friday, July 5<sup>th</sup>, but otherwise practice is Monday-Friday starting May 28<sup>th</sup> until Lone Star. Our summer season ends the week of Lone Star (Make sure to check the Team Calendar on our TeamUnify page - directions to join will be emailed out once you register with the Y).**

Fee Schedule

All swim families will be required to set up monthly drafts using the Y's online platform, CORE. **If you are joining only for the summer season, you will be drafted for both June and July in ONE full payment. This schedule/summer team starts May 28<sup>th</sup> at the Richardson YMCA.**

Failure to maintain payment will result in loss of team participation. \*Monthly draft may be stopped with 30 days' notice. This is mostly for year-round swimmers. Year-round information will be sent out if you would like to continue with the team past Lone Star. Notice must be sent via email to [rapids@ymcadallas.org](mailto:rapids@ymcadallas.org).

\*Financial Assistance is available and made possible through contributions made to our annual campaign.

2023 LEAGUE REGISTRATION FEE = \$35 PER ATHLETE (expires 12/31/2024, nonrefundable) League Registration is due in January for all Swimmers OR when they join the team. <b>YOURS IS INCLUDED IN YOUR SUMMER FEE.</b>			
ENTRY FEES: League Champs = \$35 per athlete is due with meet entries prior to swimming at the meet. (nonrefundable)			
LEVEL	Member Summer Rate	Non-Member Summer Rate	CANCELLATION POLICY
White/Blue	\$275	\$325	*30-day written notice to the Aquatics Director and Head Coach \$100 cancellation fee
Summer Swim	\$275	\$325	
Bronze	\$275	\$325	
Silver	\$275	\$325	
Gold	\$275	\$325	
Senior	\$275	\$325	

### Rapids Summer Swim Team Level Description

**White/Blue Group (Level 1-2):** Must be able to swim the complete length of the 25-yard pool **without assistance** on stomach and/or back. Must be able to swim in deep end unassisted. Try to attend at least TWO practices a week.

**Summer Swim Group:** Swimmers must be able to swim **25 yards freestyle and backstroke without stopping**. This group is the only group not required to compete throughout the summer, but is welcome to if the swimmer would like to try it. We will teach basic swim team skills.

**Bronze Group (Level 3):** Swimmers must be able to swim **50 yards freestyle and backstroke without stopping**. Must have working knowledge of breaststroke and butterfly, dive off starting block and be able to circle swim. Try to attend at least TWO practices a week

**Silver Group (Level 4):** Swimmers must have **at least 3 legal strokes**. This group must be able to swim 1500-2000 yards in daily practice and attend 3-4 practices a week.

**Gold Group (Level 5):** Swimmers must be **at least 10 years old, be able to complete 50 of each stroke and 100 IM** and maintain intervals and be able to swim 2000-3000 yards (minimum) in practice and attend a minimum 3-4 practices a week on average.

**Senior Group (Level 6):** Swimmers must be at least 11 years old, be able to swim **100 yards of each stroke in a swim meet** and maintain intervals set by coach. Swimmers must be able to swim 2500-3300 yards in a practice and attend 3-4 practices a week on average.

Please use this link [Swim Assessment RLH Rapids](#) to sign up for a tryout and receive information on swim assessment dates. You may also email [rapids@ymcadallas.org](mailto:rapids@ymcadallas.org)

**TRYOUTS ARE MAY 20, 21, 22, 28, & 29 from 5:30 - 7pm and May 25 from 11-1 at the Richardson YMCA. Please sign up for a tryout date using the link above (swim assessment).**