

# Y-SWIM TEAM™

We build strong kids, strong families, strong communities.

## ROCKWALL RIPTIDES

### Ripples

(Ages 5-9)  
Tuesday & Thursday  
5:30 - 7:00 pm

Family Member \$45  
Activity Member \$68

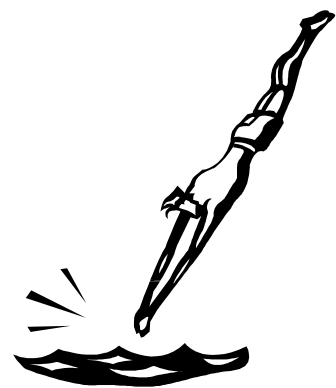
### White

(Ages 5-12)  
Monday, Wednesday,  
and Friday  
5:30 - 7:00 p.m  
Family Member \$55  
Activity Member \$78

### Orange

(Ages 8-14)  
Monday-Friday  
6:00 - 7:30 p.m.

Family Member \$75  
Activity Member \$98





## Riptides Level Descriptions

### Ripples

Typically for those ages 5-9. These swimmers can complete 25 yards of both freestyle and backstroke. They will work on developing all four strokes.

### White

Typically for those ages 5-12. These swimmers can perform 3 of the four strokes legally including flip turns during freestyle. They will work on stroke development of all four strokes.

### Orange

Typically for those ages 8-14. These swimmers can perform all four strokes legally. They will be introduced to dry land exercises and stretching.

\*Note: These descriptions are for suggestion only. Final level placement will be determined by the coach.