SWIMMER QUALIFICATIONS

Swimmers must meet the following requirements:
- Between the ages of 4 and 18 years old.
- Have passed the YMCAs “Test. Mark. Protect”.
- Have an active YMCA membership and have paid the required swim team fees. Financial aid is available.

Y MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Monthly Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student</td>
<td>Full-time students through age 25</td>
<td>$20</td>
</tr>
<tr>
<td>Household</td>
<td>Two adults &amp; IRS dependent(s)</td>
<td>$75.50</td>
</tr>
<tr>
<td>1 Adult</td>
<td>One adult &amp; IRS dependent(s)</td>
<td>$59.50</td>
</tr>
</tbody>
</table>

The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. We believe that everyone in our community deserves the opportunity to be part of our team and to have access to services we provide. If you would like to discuss our levels of assistance, please call or stop by the Membership Services desk or visit fwymca.org.
PARENT INFORMATION
SESSION YMCA PAVILION:
- August 24 @ 6:30 PM
  10 and under
- August 26 @ 6:30 PM
  11 and over

Early Bird Registration for Returning Rapids Swimmers:
- August 27 @ 6:30 PM
Due to limited space this year, past Rapids swimmers will get first chance to register.

New Rapids Swimmer Assessment:
Every new Rapids swimmer will need to have a swim assessment to ensure swimmer is placed in the correct group that best fits their skill and spots are available.
- September 1 @ 6:30 PM

New Rapids Swimmer Registration:
September 8 @ 6:30 PM

PRACTICES
Practice groups for swimmers are based on skill and age levels. Our goal is to provide training that is appropriate and challenging so that each athlete can reach their goals.

Only four swimmers will be allowed per lane for practice to follow proper social distancing.

Training groups vary based on duration, frequency, intensity, and swimming proficiency.

**GREEN:**
Monday, Wednesday 5:30-7:00 PM
Friday 5:30-6:15 PM
Fees: $280/season

**BLUE:**
Monday, Tuesday, Thursday, Friday 7:00-7:45 PM
Fees: $280/season

**YELLOW:**
Tuesday, Thursday, Friday 6:15-7:00 PM
Fees: $225/season

**ORANGE:**
Tuesday, Thursday 1:00-2:00 PM
Wednesday 7:00-7:45 PM
Fees: $225/season

**RED:**
Tuesday, Thursday 5:30-6:15 PM
Fees: $200/season

HIGH SCHOOL SWIMMERS
Athletes who also swim for their high school are limited in their participation for meets and practices. In accommodation to these swimmers, the program fee is $100 for those who elect to swim for both teams.

SWIM MEETS
The Rapids swim a competitive swim meet schedule, but due to Covid, only virtual meets will occur to start. We will host monthly internal meets and upload our times to compete against other teams virtually. We then hope to compete in-person with other YMCA teams beginning in January, 2021.

If there is a State Championship or invitational meets, there will be a fee to participate and will be announced with meet registration.

We encourage every swimmer to attend at least 1/3 of all meets as this is a team sport and we would like the swimmer to recognize their investment in practice.