



Twin Pike Torpedoes Summer Swim Team

Summer Swim Team Warm Up: May 3rd - May 28th, Practice M/W/F, Ages 5-18

Designed for all competitive swimmers looking to get a jump start on the upcoming River Country Summer Swim League. Open to all area River Country swim teams. Focus will be on swimming technique and building an endurance base. Practices are Monday/Wednesday/Friday. Beginner/Young Group 4:30-5:30 PM. Experienced/Older Group 5:30-7:00 PM. **Y Members \$45, Non-Members \$60**

Torpedoes River Country Swim Team: June 2nd - Aug. 7th, Practice M/W/F, Ages 5-18

Twin Pike Torpedoes Summer Swim Team is a great opportunity to introduce your child to competitive swimming. Part of the River Country Swim League, it offers fun practices and relaxed short swim meets. Practices start June 2nd and the season ends with a Championship Meet on Aug. 7th. Practices are Monday/Wednesday/Friday. Beginner/Young Group 4:30-5:30 PM. Experienced/Older Group 5:30-7:00 PM. **Y Members \$90, Non-Members \$105**

Torpedoes USA Swimming Swim Team: May 3rd - Aug. 7th, Ages 5 and Up

Every swimmer must be a member in good standing of the Twin Pike Family YMCA and a registered member of USA Swimming (\$70 additional fee). Coaches will determine practice and registration groups. **Includes USA Swimming meets (additional meet entry fees), all River Country Swim Meets and Summer Swim Team Warmup Intrasquad Meet.**

Green Group: Green Group is for beginner level/younger swimmers and features separate practice time and more individual attention. It emphasizes stroke instruction, starts and turns, practice and meet procedures, and FUN! Practices are M,W,F 4:30-5:30 PM. **Y Members \$45/month**

Blue 1 Group: Blue Group 1 is for intermediate level swimmers. It emphasizes stroke mechanics, starts and turns, practice and meet procedures, and FUN with a attention to conditioning and endurance! Practices are M,W,F 5:30-7:00 PM. **Y Members \$50/month**

Blue Group 2: Blue Group 2 is for advanced level swimmers. It emphasizes stroke mechanics, starts and turns, practice and meet procedures, and FUN with focus on conditioning and endurance with an extra 1/2 hour for the dedicated swimmer! Practices are M,W,F 5:30-7:30 PM. **Y Members \$55/month**

Silver Group: Silver Group is for the serious competitor. Focus on conditioning, endurance, strength, and fine tuning of starts, strokes, and racing techniques. Must be able to swim all 4 competitive strokes and swim 4x100 free on 1:40. Practices are M-F 5:30-7:30 PM. **Y Members \$70/month**

USA Swim Meet Only Participation: For swimmers who are members of the Torpedoes Heartland Area Winter Swim Team, active Y members, USA registered, and are swimming with another River Country Team (PCST). Swimmers can enter and participate in USA Swimming meets with an additional \$20/meet coaching fee. Practice time with the Torpedoes Summer Team not required.

**CONTACT COACH JOE MACLAUGHLIN FOR MORE INFO 573-754-4497,
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