



Winter Season:
Sept 18th-March 3rd

Summer Season:
Mid May-July



Head Coach: Christian Fossum

COME MAKE A SPLASH! WITH DAKOTA RIPTIDE SWIM TEAM

Other information:

- Swim meets are optional and at the discretion of the parents.
- Athletes involved in other sports are welcome and encouraged to join! Swimming benefits many other sports.
- Volunteering and fundraising is required. We host at least 2 swim meets each year.
- Fees are paid monthly Sept-February with a 3 month minimum commitment.
- Scholarships are available for those who qualify.

Register on our website:
www.dakotariptide.org



White Group- \$70/month

Ages 6-10- New swimmers learning stroke basics. All four strokes will be taught (freestyle, backstroke, butterfly, breast).

Practice Times: Mon/Thur- 3:45-4:30pm Tue- 3:45-4:45pm

Gray Group- \$80/month

Ages 9-12- Intermediate swimmers focusing on stroke development and swimming each stroke legally.

Practice Times: Mon/Thur- 4:30-5:30pm Tue/Wed- 3:45-4:45pm

Blue Group- \$85/month

Ages 10-14- Advanced swimmers with competitive swimming experience.

Practice Times: Mon/Thur- 5:30-7:00pm Tue/Wed- 4:45-6:15pm
Fri- 3:45-5:15pm

Senior Group- \$95/month

Ages 13-20- Advanced swimmers that are very experienced in competitive swimming.

Practice Times: Mon/Thur- 5:30-7:30pm Tue- 6:30-8:30pm
Wed- 4:45-6:15pm Fri- 3:45-5:15 Sat- 8:00-10:00am

Fitness Swimmer- \$75/month(no minimum)

Ages 12-20- Swimmers at all levels looking to build cardio, stamina, strength and overall endurance through swimming. These swimmers will not compete and would only make a few practices a week. Practice times will be based on the level of swimmer they are. They will practice with groups listed above.

Start with a 2 Week Free Trial!

Trial held October 2nd-13th. No prior swim experience needed!
Our coaches will teach proper stroke technique.

For more information and to register for 2 week free trial
please email Christian at headcoach@dakotariptide.org