



**RLH YMCA RAPIDS**  
**School Year Swim 2021-**  
**2022**  
**Swim Team Information**  
**Practice Schedule**

Meet Schedule and Schedule Breaks

Swimmers are expected to compete in swim meets. We will have one meet per month during the school year.

**Both December and April Champs are required for all swimmers.**

Fall Meets:

September 26 @ Semones Family YMCA  
 October 23 @ Coppell Family YMCA  
 November 13 @ JER Chilton YMCA  
 December 4-5 @ Bruce Eubanks Natatorium in Frisco (\$25)

LEVEL	Days	MON	TUES	WED	THURS	FRI
White (L1)	M/W	4-4:25		4:30-4:55		
Blue (L2)	T/W/F		4-4:30	4-4:30		4:30-5
Bronze (L3)	M-TH	4:15-5	4:15-5	4-4:45	4-4:45	
Silver (L4)	M-F	4:30-5:30	4:30-5:30	5-6	4-5	4-5
Gold (L5)	M-F	5:15-6:30	5:30-7	5-6:30	5:30-7	5:15-6:30
Senior (L6)	M-F	5:30-7	5-7	6-7:30	5-7	5:30-7
Home School	T/TH		2-3		2-3	

**We will not have practice the weeks of RICHARDSON ISD scheduled breaks.**

Fee Schedule

All swim families will be required to set up monthly drafts using an online platform. You will pay the first month at registration time (prior to September 15th, then the remaining months will be drafted on the 1st of each month. October – July. You will be given the option to stop your June and July draft if you cannot swim in the summer. Failure to maintain payment will result in loss of team participation. \*Monthly draft may be stopped with 30 days’ notice. Notice must be sent via email to [richardsonyrapids@gmail.com](mailto:richardsonyrapids@gmail.com) AND [xdamon@ymcadallas.org](mailto:xdamon@ymcadallas.org).

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

**2022 LEAGUE REGISTRATION FEE = \$25 PER ATHLETE (expires 12/31/2022, nonrefundable)**

**League Registration is due in January for all Swimmers.**

ENTRY FEES: League Champs = \$25 per athlete is due with meet entries prior to swimming at the meet. (nonrefundable)

LEVEL	Member Monthly Rate	Non-Member Monthly Rate	CANCELLATION POLICY
White	\$50	\$70	*30-day written notice to the Aquatics Director and Head Coach \$25 cancellation fee
Blue	\$60	\$80	
Bronze	\$80	\$100	
Silver	\$95	\$115	
Gold	\$115	\$135	
Senior	\$125	\$145	
Home School	\$80	\$100	

## Rapids Swim Team Level Description

**White Group (Level 1):** Must be able to swim at least halfway down the pool (12-15 yards) without assistance on stomach and back. Must be able to swim in deep unassisted. (This group may not compete at all swim meets). This is for ages 4 to 6 and will practice two times a week.

**Blue Group (Level 2):** Swimmers must be able to swim 25 yards freestyle with basic side breathing and 25 yards backstroke. This is for ages 5 to 8 and will practice 2-3 times a week.

**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. This is for ages 7 to 11 and will practice up to four times a week.

**Silver Group (Level 4):** Swimmers must have at least 3 legal strokes and be at least 8 years old. 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 in practice and attend a minimum 3-4 practices a week on average.

**Senior Group (Level 6):** Swimmer must be at least 11 years old, be able to swim 100 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 4-5 practices a week on average.

**Home School Swim:** Swimmers must meet at least the requirements for the bronze (level 3) group.

Please use this link [Swim Assessment RLH Rapids](#) to receive information on swim assessment dates. You may also email Head Swim Coach Xandra Damon for more information at [xdamon@ymcadallas.org](mailto:xdamon@ymcadallas.org)