

STRENGTH. STAMINA. SPEED.

SUMMER SWIM CONDITIONING

GRADES 4-12



RIPPLE RACERS GRADES 4-5

Location: Ironworks Branch (Beloit)
Days: Monday & Wednesday
Time: 6:30pm-7:30pm

OR

Location: Beloit Memorial High School
Days: Tuesday & Thursday
Time: 10:00am-11:00am

COST

| | Session | Full Summer |
|-----------|---------|-------------|
| MEMBERS | \$70 | \$130 |
| COMMUNITY | \$103 | \$196 |

SEE BACK FOR QUALIFICATIONS AND FURTHER INFORMATION



TIDAL FURY GRADES 9-12

Location: Beloit Memorial High School
Days: Monday-Friday
Time: 9:00am-11:00am

COST

| | Session | Full Summer |
|-----------|---------|-------------|
| MEMBERS | \$100 | \$190 |
| COMMUNITY | \$140 | \$270 |

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SESSION 1
JUNE 16-JULY 11

SESSION 2
JULY 14-AUGUST 8

WAVE RUNNERS GRADES 6-8

Location: Beloit Memorial High School
Days: Monday, Wednesday, & Friday
Time: 9:00am-10:00am

COST

| | Session | Full Summer |
|-----------|---------|-------------|
| MEMBERS | \$80 | \$150 |
| COMMUNITY | \$115 | \$220 |

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SUMMER SWIM CONDITIONING

GRADES 4-12



RIPPLE RACERS GRADES 4-5*

OBJECTIVE:

To teach the fundamentals and mechanics of each stroke in a fun atmosphere.

PREQUALIFICATIONS:

- Level 5 swimmer or higher
- 25 yard freestyle stroke without stopping, with rhythmic breathing
- 25 yard backstroke without stopping
- 25 yard flutter kick on front and back with a board



TIDAL FURY GRADES 9-12*

OBJECTIVE:

This group focuses on aerobic, anaerobic, pace work, and specific stroke training. Swimmers will continue to work on mechanics and techniques of strokes, starts, and turns. This group is designed for those swimmers preparing for their upcoming high school swim seasons.

PREQUALIFICATIONS:

- 4x 50 yard freestyle on 1:15 with 2 underwater dolphin kicks off walls and proper turn
- 4x 50 yard backstroke on 1:20 with 2 underwater dolphin kicks off walls and proper turn
- 4x 50 yard breaststroke on 1:30 with legal pullouts and turns
- 4x 25 butterfly on 0:45
- 1x 100 IM

All groups led by a knowledgeable on-deck coach, who will facilitate age- and skill-appropriate workouts.

WAVE RUNNERS GRADES 6-8*

OBJECTIVE:

To develop stroke mastery, further build endurance, establish goals and training habits, and prepare to move to the next level of training and/or competition.

PREQUALIFICATIONS:

- Level 5 swimmer or higher
- 50 yard freestyle stroke, with rotary breathing
- Streamline push-off
- 50 yard backstroke
- Knowledge of flip turns
- 25 yards breaststroke kick
- 25 yard butterfly kick

*GRADE DETERMINED BY FALL
2025 SCHOOL ENROLLMENT