

Practice & Meet Information

Fall Practice begins Monday September 21st

All participants must be registered by October 1st

Bronze

Ridgedale Y:

Sun: 4:00-5:00pm

Mon: 5:30-6:30pm

Wed: 5:30-6:30pm

Fri: 5:30-6:30pm

Dry Land: Mon 5:00-5:25pm

Sabes JCC:

Mon: 3:45-4:45pm

Wed: 3:45-4:45pm

Thu: 3:45-4:45pm

Copper

Ridgedale Y:

Sun: 5:00-6:30pm

Mon: 6:30-7:30pm

Wed: 6:30-7:30pm

Fri: 6:30-7:30pm

Dry Land: Mon 5:45-6:15pm

Sabes JCC:

Mon: 3:45-4:45pm

Wed: 3:45-4:45pm

Thu: 3:45-4:45pm

Silver / Gold

Ridgedale Y:

Sun: 6:30-8:30pm

Mon: 7:30-8:30pm

Thu: 7:00-8:30pm

Fri: 7:30-9:00pm

Dry Land: Thu 6:00-6:45pm

Sabes JCC:

Mon: 4:15-6:00pm

Wed: 4:15-6:00pm

Thu: 4:15-6:00pm

Dry Land: Mon, Wed, Thu: 3:45-4:15pm

Coaches will evaluate swimmers at the beginning of the season to determine their practice group and will monitor based on improvement. Coaches will use objective criteria for assigning groups based on age, ability, and time standards.

Swimmers may attend practice at either the Ridgedale YMCA or Sabes JCC—you are not restricted to one pool. Create a practice schedule that works for you!

More Information

New families will be asked to complete additional paperwork for swim team, including goals, health information, and a code of conduct and attend a new parent meeting on Monday September 21st at 6:30pm in the Ridgedale YMCA Healthy Living Center.

For more information on Swim Team
Contact:

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