



Virginia Run Riptide Fall/Winter Developmental Swim Program 2021 & 2022

Proceeds, after expenses, will go directly to the VR Riptide Scholarship Fund for eligible seniors

This program will provide swimmers an opportunity to continue to develop stroke and turn techniques in preparation for the 2022 summer swim season.

Requirements: All 9 and under swimmers participating must have a time from the 2021 summer season in 25-meter freestyle and 25-meter backstroke. Swimmers 10 and older must have times from the 2021 summer season in 50-meter freestyle and 50-meter backstroke. These minimum requirements will ensure safety (the lanes at Cub Run are deep and we will not always have Jr. Coaches in the water with younger swimmers. Times allow swimmers to be grouped according to ability to focus on technique. Swimmers not meeting these minimum requirements are strongly encouraged to keep swimming by taking more traditional lessons offered locally.

Head Coach: Russell Ramey (Assistant Coaches will be assigned to each lane)

Dates/Time: Saturday, September 18, 2021 – May 21, 2022 (on deck at 5:55p, practice from 6-7p)
No swim dates due to holidays: 11/27, 12/25, 1/1, 4/2, 4/16).

Location: Cub Run Rec Center, 4630 Stonecroft Blvd. Chantilly VA 20151

Tuition: 31 Saturdays, \$465 for the first swimmer, additional sibling(s) receive \$10 discount.

Tuition is non-refundable. In the case of pandemic related closures or other “acts of nature”, we will do our best to offer credits or make-ups in future VR Riptide Developmental (off-season) swim programs hosted at Cub Run. A swimmer that experiences an injury preventing participation mid-session, should contact us for waiver consideration to be approved by the Riptide Board.

Enrollment: Registration will be on-line through TeamUnify. Link will be e-mailed when available. Payment can be made by credit card (fees apply) or pay by check to VR Riptide Priority registration is given to VR Riptide swimmers from 2021. If space remains after August 15th, swimmers from neighboring pools will be invited.

Waitlist: We will maintain a waitlist if necessary.

Questions: Swim Program: Russell Ramey at russ.ramey@variptide.com
Enrollment Process/Rules: Robin Osterhout at robinosterhout@variptide.com

The VR Riptide is dedicated to the development of all swimmers at all levels and we hope this fall/winter program will be a great way for all of our swimmers to learn and develop leading into summer 2022!