

SWIMMING WITH THE COUNTRYSIDE WAVES AND RIPPLES

Summer is coming! Pool safety is a common concern for all parents; and as a CountrySide resident you have excellent options available to prepare your children for a safe summer at the pool.

The CountrySide Ripples (Junior Swim Team): This program is for 5-8 year olds who aspire to swim along with the older Waves swimmers, are just beginning their competitive swimming career, and require a little extra attention in their workouts. Ripples swimmers must be ready and willing to learn to swim freestyle and backstroke. Swimmers need to be able to leave their parent and enter the water with the coaches. They don't yet need to be able to swim a full length of the pool (25 meters) in a recognizable stroke. However, Ripples swimmers must be comfortable in the water. Swimmers must be able to submerge his/her face in the water and blow bubbles, float unassisted on front and back, kick independently on front and back, and be comfortable entering the water where they cannot stand.

Ripples practices will be weekday mornings starting June 12th and continuing through late July. The Ripples Team is divided into groups. Prior to their season, evaluations are conducted to determine your child's ability level in the water, and thus, the appropriate group. **This year's first Ripple evaluation will take place during the first week of the Waves practices, at Parkway Pool. More information will be available as we get closer to the start of the season.**

The CountrySide Waves Swim Team: This program is for experienced swimmers, ages 5-18, who are interested in swimming competitively. The team is a member of the Colonial Swim League which includes teams throughout Northern Virginia. We compete in four major swim strokes: back, breast, butterfly, and freestyle. Swimmers must be able to swim freestyle and backstroke to be placed on the Waves Swim Team. Our regular season begins immediately following Memorial Day on May 30th and ends with Divisionals on July 29th.

The CountrySide Waves Swim Team has been developing outstanding competitive swimmers for years. We are committed to providing a safe, nurturing program for swimmers of all levels. We hope you will consider one of our two outstanding programs for your children this summer.

Online registration for existing families begins on April 1st!

Registration for NEW families will open April 9th.

More details and information are available on our website: www.countrysidewaves.org.

