



Off-Season Training

- Riptide Swim Team is a year-round competitive USA Swim Team offering the best pools (outdoor, year-round) in Boulder County
 - Colorado Athletic Club (central Boulder, off 29th Street)
 - Flatiron Athletic Club (south Boulder, off Foothills Parkway)
- USA Swimming certified coaches, led by **Rock Creek Flyers Head Coach Jen Koschmann**
- We plan to attend meets in September and October and welcome Fall Swimmers to compete with us in those!

Proposed Fall Schedule (Starting 9/3/19) :

MWF @ Boulder Pool Outside 4:15-6pm

T/TH @ Flatirons Pool Outside 4:15-6pm

Saturday @ Flatirons Pool Outside @ 9:30-11am (senior group only)

M/W @ Flatirons Pool Outside @ 6-7am (senior group only)

Pricing:

Up to 3 Days per week - \$120/mo. or \$160/mo. (non-member)

4+ Days per week - \$150/mo. or \$200/mo. (non-member)

10% sibling discount

Contact:

riptideboulder@gmail.com

Jen Koschmann 512-422-4315 (cell)

Visit Riptide on Team Unify for more info

