

**Y**AQUATICS™



**NORTHWEST NC YMCA RIPTYDE**

**Masters & Triathlon Training**  
**William G. White, Jr. Family YMCA**

First practice is Monday, September 13th!  
This program runs year-round and sign up is ongoing!

Available Practices:

- Mondays/Wednesdays/Fridays—5:30-7:00am (*swim*)
- Tuesdays/Thursdays—11:30am-1:00pm (*swim*)
- 1st & 3rd Saturday of each month— 7:30-9:00am  
(*brick—road ride and run*)

Program Benefits:

- Instruction and workouts provided by a certified coach
- Swim stroke improvement and underwater camera use
- Goal setting, pace work and race strategy
- Social networking and informal training with other triathletes
- Opportunities to compete available at an additional cost.

Coaches:

- John Ravestein & Tom Slack (*swim*)
- James Richardson & Pam Seach (*bike/run*)

Price Packages:

- \$40/month for unlimited practices (members)
- \$70/month for unlimited practices (potential members)
- \$105 for 3 months of unlimited practices (members)
- \$195 for 3 months of unlimited practices (potential members)

**Want to Tri it first? Drop in for a FREE practice!  
Registration available on site at practices!**

Contact the TYDE Swim Team for more information at  
questions@swimtyde.org or 336-721-2100 ext. 2110