



# OFF-SEASON SWIM AND DIVE CLUB OPTIONS

If you are enjoying the sport and would like to continue in the off-season, consider joining a swim or dive club. The key is to have fun. The list below is curated to those options that would provide a good introduction into a club aquatics program.

## SWIMMING

There are two leagues for off-season club swimming: YMCA and USA Swimming. For those new to club swimming, the YMCA provides a good introduction to club swimming. It tends to be less intense and less expensive. USA Swimming clubs are competitive clubs geared toward year-round swimmers, although they offer many different levels of training groups.

### YMCA Thunderbolts

Practices at West St. Paul YMCA running from Dec. 4 – Feb. 18 as well as spring/summer. They have an **Age Group II, Senior I, or Senior II** programs depending on ability. Practice is 2 – 4 times per week and costs \$245-\$260 depending on the group. Need-based **financial assistance** is available.

- Meets are one-day on the weekend mostly at YMCAs. There are no additional fees for meets.
- Contact Sarah Rae Helms for more info: 651-259-1463 / sarah.helms@ymcamn.org
- **For financial assistance**, contact Chris at YMCA: 651-259-1482
- <http://www.teamunify.com/Home.jsp?team=mnwspt>

### Blackline Aquatics

A USA Swimming club with many training groups for different levels of intensity. They have a **High School Prep** program for multi-sport athletes. Depending on training group, practices are at St. Thomas Academy and Eagan/Apple Valley middle schools.

- Swimmers can join on a monthly basis and costs \$125-150 per month
- Meets are optional. Two-days on weekends, but can swim only one day. Meets cost \$25-\$75.
- Contact (612) 751-5678 / blacklineaquatics@gmail.com
- <http://www.bladolphins.com>

### Riptide Swim Team

A USA Swimming club. Similar to Blackline, they have multiple training groups with different levels of intensity. They have a **High School Training Squad** where you would practice one to four days per week for 75 minutes at Bluewater Aquatic Center in Apple Valley.

- Swimmers can join on a monthly basis and costs \$125-150 per month
- Meets are optional. Two-days on weekends, but can swim only one day. Meets cost \$25-\$75.
- Peggy Kratz - Lead **High School Training Squad** Coach: [peggy@riptideswimteam.org](mailto:peggy@riptideswimteam.org)
- **Home School Team** for **daytime practices**. \$24 - \$72 per month depending on number of practices per week. Contact coach Michelle Hopewell: [michelle@riptideswimteam.org](mailto:michelle@riptideswimteam.org)
- <http://www.riptideswimteam.org>



## STAR Swim Team

A USA Swimming club. They have an **Age Group** program for up to age 13 that practices at St. Kate's University four days per week. Their **Junior** and **Senior** programs is the next step past Age Group and practices at Oxford pool at Lexington and Marshall five days per week.

- Swimmers can join for the second half-season running from November to February
- Half-season costs \$360-600 depending on program
- Meets are optional. Two-days on weekends, but can swim only one day. Meets cost \$25-\$75.

## DIVING

There are several diving clubs around the Twin Cities that are member clubs of USA Diving. Coach Salmon has highlighted these two clubs with North Star being his recommendation.

### North Star Diving

Practices at University of St. Thomas or Hidden Oaks Middle School in Prior Lake. UST has a sparger system that adds a pillow of air on the surface to provide softer landings. Hidden Oaks has an overhead spotting harness with belt for learning new dives in a safe environment.

- **Varsity Enrichment Team** focuses on 1-meter. Diver chooses 10 practices during the Nov. 27 – Feb. 22 season for \$350.
- **14 & Over Team** focuses on 1 and 3-meter. Diver practices twice weekly during Nov. 27 – Feb. 22 season for \$660.
- Winter Invitational Diving Meet in February
- For more details contact Jason Baumann: 612-499-2263
- "Try Before You Buy" program. Call Jason to schedule a **free one hour trial lesson**.
- <http://www.northstardiving.com>

### Minnesota Diving Academy

Practices at U of M with Wenbo Chen, the Gophers coach. The Fall/Winter 2017-2018 details are not yet available on website. The U of M also has a sparger system for softer landings and overhead spotting harness for learning new dives safely. Likely more expensive than North Star.

- Contact Wenbo Chen at 612-624-5874
- <http://mndivingacademy.sportngin.com>