



RVY Riptide Swim Team

2026 March Madness



March Madness is a five-week program that allows swimmers to "bridge the gap" between the traditional winter and spring seasons and continue swimming without a break. (As this is an off-season program, it is practice-only and there are no competitions associated with March Madness.) All groups will focus on building and correcting stroke technique, as well as sets for endurance and conditioning. Current Riptide winter swimmers will have priority for registration. You DO NOT have to be a current member of the YMCA member. Previous swimming experience is strongly recommended, as practices will be geared toward competitive swimmers. If you have any doubts about your child's ability to participate in a competitive swim practice, please contact Coach Brian (CoachBrian@rvyriptide.org) for an evaluation. **Space in this program is limited, and will be filled on a first-come, first-served basis.**

Program Dates: Monday, February 23rd to Thursday, March 26th
Every Monday, Wednesday, and Thursday

Program Location: YMCA at the Piscataway Community Center—Mondays and Wednesdays
(520 Hoes Lane, Piscataway, NJ 08854)
Raritan Bay YMCA—Thursdays
(357 New Brunswick Ave., Perth Amboy, NJ 08861)

Please note that the age ranges (*your age is as of 3/1/26*) on the chart below are only guidelines for sign-up! Coaches reserve the right to move any swimmer into the group appropriate for their ability level during the first week. Therefore, your time slot may change. If you have already practiced with a group during the winter season, you may register for that group even if you are younger than the age listed. Days and times for sessions listed may change (see calendar and more info at www.rvyriptide.org).

| Group: | Age: | Time (Mon/Wed @ YPCC) | Time (Thu @ RBAY) | Cost: |
|--------------------|------------------------------------------------------------------------|-----------------------|--------------------|--------------|
| Tiny Tides | 8 & under | 6:00-7:15pm | 6:30-7:30pm | \$245 |
| Tidal Waves | 9/10 | 6:00-7:15pm | 6:30-7:30pm | \$245 |
| Junior | 11-14 | 7:15-8:45pm | 7:30-8:45pm | \$295 |
| Senior | 15 and up (or 13-14s with prior Riptide experience) | 7:15-9:00pm | 7:30-8:45pm | \$315 |

Registration for March Madness is available here:

<https://raritanvalleyymca.org/member-connection#/programs/81641/riptide-march-madness/>

In addition to online, registration can be done in-person or over the phone with the Raritan Valley YMCA during open hours, contact info below. Registration over the phone is NOT recommended for swimmers who have never participated in any Raritan Valley YMCA program before, as creating a first-time membership should be done either in person or online.

Raritan Valley YMCA

144 Tices Lane

East Brunswick, NJ 08816

732-257-4114

All participants must also have a current membership with the Raritan Valley YMCA. If you are not currently a Y member, you must also fill out a Y membership form and purchase a Youth Program Membership before registering for March Madness. (Note that Program Memberships allow online program registration and not general facility access. Other YMCA membership options, including fitness center access and other benefits, can be viewed at raritanvalleyymca.org.)

Refunds: Refunds will only be issued if a member withdraws 7 days prior to the first day of practice. YMCA membership payments are non-refundable under any circumstances. (Program memberships will allow registrations for other YMCA programs for one year following the date of purchase.)