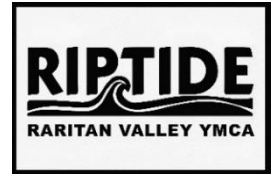




RVY Riptide Swim Team Summer Splash 2018



Summer Splash 2018 is a summer training program featuring high-intensity workouts designed to increase swimming endurance and speed, without impacting your ability to compete for a summer swim club. The program is sponsored by the Riptide Swim of the Raritan Valley YMCA. You DO NOT have to be a member of the Riptide Swim Team to participate in this program, but will have to register as a YMCA member. Previous swimming experience is strongly recommended. Due to large turnouts, spaces are limited, and are filled on a first-come, first-serve basis.

Prerequisites: Swimmers must be at least 9 years old as of June 30th, 2018. (College students are welcome!) Very strong 8 & under swimmers may sign up, with coach's permission only. Swimmers must have the ability to participate in strenuous workouts intended for competitive swimmers, which can be as long as 2 hours.

Program Dates: Friday, June 22nd to Monday, July 30th
Every Monday, Tuesday, Thursday, Friday, and Sunday (except July 22nd—no practice)

Program Location: Brookside Swim Club, Milltown, NJ*
*A few select practices will be at Princeton University DeNunzio Pool, Princeton, NJ

Price: \$275 per swimmer (YMCA membership, starting at \$70 annually, required)

Practice schedule (see exceptions below):

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:00-9:45am at Brookside	5:45-7:30am at Brookside	5:45-7:30am at Brookside	No practice	5:45-7:30am at Brookside	5:45-7:30am at Brookside	No practice

Practice schedule exceptions: Sunday, July 1st, at Princeton DeNunzio Pool, 12-2pm
Monday, July 2nd, at Princeton DeNunzio Pool, 6:30-8:30am
Friday, July 6th, **2 PRACTICES**, 5:45-7:30am at Brookside, 3-4:30pm at Princeton DeNunzio Pool
Sunday, July 22nd, **NO PRACTICE**
Tuesday, July 24th, at Princeton DeNunzio Pool, 6:30-8:30am

Parents are responsible for their children's behavior in the locker room. Behavior problems before/during/after practice may result in the non-refundable removal of the swimmer from the program.

Registration

You must register by **June 19th**. If you have participated in any Riptide or Raritan Valley YMCA programs in the past, payment may be made by check (mail, in-person), card (phone—732-257-4114, in-person) or cash (in-person). If you have never participated in a Riptide or Raritan Valley YMCA program, you must register in-person at the YMCA, 144 Tices Lane, East Brunswick, NJ 08816. You will need to create a one-year YMCA Program Membership for \$70. Checks should be payable to Raritan Valley YMCA.

If registering by mail, please fill out the information below and return by **June 19th** to:

Raritan Valley YMCA
144 Tices Lane
East Brunswick, NJ 08816

NOTE: Your spot will not be reserved until all monies are paid in full (including having your Raritan Valley YMCA membership current). E-mail reservations will not be accepted.

All participants must have a membership, current through 7/30/2018, with the Raritan Valley YMCA. Returning team members should call the Y to make sure your membership is current through July 30th.

Name:	Birthdate:
Address:	
Parent name(s):	
Phone#:	Email:
Date:	Total Amount Enclosed: \$
Are you a current Raritan Valley YMCA member, and will your membership remain current through 7/30/2018? Y N If no, \$70 must be added to the program price. Must fill out a membership application if you do not already have one on file at the Y.	

Riptide Practice Schedule Summer Splash 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 24 Brookside 8:00-9:45am	June 25 Brookside 5:45-7:30am	June 26 Brookside 5:45-7:30am	June 27 No Practice	June 28 Brookside 5:45-7:30am	June 22 Brookside 5:45-7:30am	June 23 No Practice
July 1 Princeton (LC) 12:00-2:00pm	July 2 Princeton (LC) 6:30-8:30am	July 3 Brookside 5:45-7:30am	July 4 No Practice 	July 5 Brookside 5:45-7:30am	July 6 (Double practice) Brookside 5:45-7:30am Princeton (LC) 3:00-4:30pm	July 7 No Practice
July 8 Brookside 8:00-9:45am	July 9 Brookside 5:45-7:30am	July 10 Brookside 5:45-7:30am	July 11 No Practice	July 12 Brookside 5:45-7:30am	July 13 Brookside 5:45-7:30am	July 14 No Practice
July 15 Brookside 8:00-9:45am	July 16 Brookside 5:45-7:30am	July 17 Brookside 5:45-7:30am	July 18 No Practice	July 19 Brookside 5:45-7:30am	July 20 Brookside 5:45-7:30am	July 21 No Practice
July 22 No Practice 	July 23 Brookside 5:45-7:30am	July 24 Princeton (LC) 6:30-8:30am	July 25 No Practice	July 26 Brookside 5:45-7:30am	July 27 Brookside 5:45-7:30am	July 28 No Practice
July 29 Brookside 8:00-9:45am	July 30 Brookside 5:45-7:30am (Last day)					