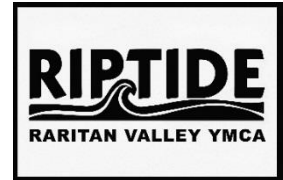


RVY Riptide Swim Team Spring Fling 2019



Spring Fling is an eight-week stroke and turn clinic that prepares swimmers for the summer season. All groups will focus on building stroke technique and endurance using a variety of techniques, including dryland activities. ("Senior—training only" will have less of a technique focus, with higher intensity workouts.) **Due to large turnouts, spaces are limited, and are filled on a first-come, first-serve basis.** 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. Participants must be ready to participate in competitive-level training; Spring Fling is not swim lessons.

Program Dates: Wednesday, April 17th to Wednesday, June 5th
Every Monday, Wednesday and Thursday (except May 27th—off for Memorial Day)

Program Location: Mon/Wed: Middlesex County College Pool (located in the Physical Education Building)
Thursdays: Raritan Bay Area YMCA in Perth Amboy

Please note that the age ranges on the chart below are only a guideline 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.

Group:	Age:	Time (Mon/Wed)	Time (Thurs)	Cost:
<i>Tiny Tides</i>	<i>5 to 8</i>	<i>6:00-7:00</i>	<i>6:30-7:30</i>	<i>\$190</i>
<i>Tidal Waves</i>	<i>9/10</i>	<i>6:00-7:15</i>	<i>6:30-7:45</i>	<i>\$230</i>
<i>Juniors</i>	<i>11/12</i>	<i>6:00-7:45</i>	<i>6:30-8:00</i>	<i>\$260</i>
<i>Senior—technique & training</i>	<i>13 and up</i>	<i>7:15-9:00</i>	<i>7:30-9:00</i>	<i>\$280</i>
<i>Senior—training only**</i>	<i>13 and up</i>	<i>7:00-9:00</i>	<i>7:15-9:00</i>	<i>\$290</i>

Notes: Swimmers will be placed according to ability at the discretion of the coaches on the first day. If you are unsure what group your swimmer will be placed in, please place them according to age from the chart above. Parents are responsible for their children's behavior in the locker room; any behavior problems will result in the non-refundable removal of the swimmer from the program. If you have any questions, please e-mail Coach Brian at coachbrian@rvvriptide.org.

Please fill out the information below and return by **April 18th** 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 current membership with the Raritan Valley YMCA. If you are not currently a Y member, you must fill out a Y membership form and add \$70 to the payment, payable to Raritan Valley YMCA. Payment can be made by check (mail, in-person), card (phone—732-257-4114, in-person) or cash (in-person).

Name:	Birthdate:	Group:
Address:		
Parent name(s):		
Phone#:	Email:	
Date:	Total Amount Enclosed:\$	
Are you a current Raritan Valley Y member? Y N If no, \$70 must be added to the program price. You must fill out a membership application if you do not already have one on file at the YMCA. All payments are payable to <u>Raritan Valley YMCA</u> .		