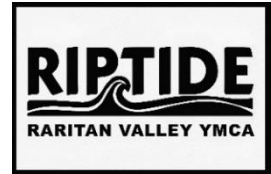




RVY Riptide Swim Team Summer Splash 2019



Summer Splash 2019 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, 2019. (No upper age limit: college swimmers 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 21st to Monday, July 29th
Every Monday, Tuesday, Thursday, Friday, and Sunday (exceptions apply—see exceptions below, as well as July PDF calendar to be posted later at rvyriptide.org)

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

June practice schedule exceptions: Friday, June 28th, practice is at Princeton DeNunzio Pool, 6:30-8:30am

July practice schedule exceptions: T.B.D.—July practice calendar will be posted on rvyriptide.org

Parents are responsible for their children’s behavior before and after practice, on the premises and 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 7/29/2019, with the Raritan Valley YMCA. Returning team members should call the Y to make sure your membership is current through July 29th.

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 7/29/2019? 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.