



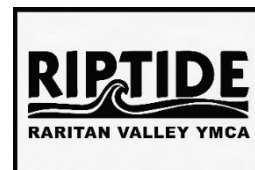
RVY Riptide Swim Team

Spring Fling 2020

For swimmers new to Riptide

(See separate flyer for "current team members")

Spring Fling is a seven-week clinic that is a great way to improve your strokes and conditioning, and/or get ready for the summer season. In this program, we focus on working technique, while also including workout sets. You do not need to be a member of the winter team to participate, however, previous swimming experience is recommended. (Spring Fling is not swim lessons! Swimmers must already be able to swim multiple laps on their own.) Swimmers will participate in the same practice groups as current Riptide swimmers.



Program Dates: Starts: Wednesday, April 15th. Ends: June 3rd
Every Monday, Wednesday and Thursday (except Memorial Day, May 25th)

Program Location: Middlesex Community College Pool (located in the Phys. Ed. Building. Mon. & Wed.)
Raritan Bay Area YMCA in Perth Amboy (Thursdays only)
Other locations as needed (Full calendar will be posted on website)

Ages are 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 group/price may change. Price adjustments can be made at that time.

Group:	Age:	Cost:
Tiny Tides	5 to 8	\$198
Tidal Waves	9/10	\$240
Juniors	11/12	\$270
Seniors	13 and up	\$295

Practice Schedule

Practice schedule is subject to change. PDF practice calendars will be published on our website.

Spring Fling Practice Schedule

	Mon	Tue	Wed	Thu	Fri/Sat/Sun
Tiny Tide	6:00-7:00pm at Middlesex CC	No practice	6:00-7:00pm at Middlesex CC	6:30-7:30pm at Perth Amboy	No practice
Tidal Wave	6:00-7:15pm at Middlesex CC	No practice	6:00-7:15pm at Middlesex CC	6:30-7:45pm at Perth Amboy	No practice
Junior	6:00-7:45pm at Middlesex CC	No practice	6:00-7:45pm at Middlesex CC	6:30-8:00pm at Perth Amboy	No practice
Senior	7:15-9:00pm at Middlesex CC	No practice	7:15-9:00pm at Middlesex CC	7:30-9:00pm at Perth Amboy	No practice

Please fill out the information below and return by **April 13th** 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. (Options start at \$75 per year.)

Name:	Birthdate:	Group:
Address:		
Parent name(s):		
Phone#:	Email:	
Are you a current Raritan Valley Y member? Y N If no, \$75 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> .		