

RVY Riptide Swim Team
Spring Fling 2010
At Middlesex Community College

Spring Fling 2010 is an eight-week stroke and turn clinic that prepares swimmers for competitive swimming, and the coming summer season. Swimmers will focus on stroke correction and endurance using a variety of techniques, including dryland activities. Previous swimming experience is strongly recommended. **Due to large turnouts spaces are limited, and are filled on a first-come, first-serve basis.** You DO NOT have to be a current member of the RVY Riptide Swim Team in order to participate in this program, however you must have a current YMCA membership (\$60.00)

Program Dates: **Wednesday, April 14th to Wednesday, June 2nd**
Every Monday, Wednesday and Friday (except May 28 and 31)

Program Location: **Middlesex Community College Pool (located in the Physical Education Building)**

Group:	Age:	Time:	Cost:
Tiny Tides	8 and under	6:15-7:15	\$190 (+ Y Membership)
Tidal Waves	9/10	6:15-7:15	\$190 (+ Y Membership)
Juniors	11/12	6:15-7:30	\$195 (+ Y Membership)
Senior 1	13 and up	7:15-8:30	\$200 (+ Y Membership)
Senior 2	13 and up	7:15-8:30	\$200 (+ Y Membership)

Note: Swimmers will be placed according to ability at the discretion of the coaches. All swimmers will be assigned groups on the first day, please make every effort to attend and be on time. If you are unsure what group your swimmer will be placed in, for payment purposes, 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 Laurie at coachlaurie@rvyriptide.org

Please fill out the information below and return by **April 5th** to:

Laurie Sieminski
193 Bexley Lane
Piscataway , NJ 08854

NOTE: Spots will be filled on a first-come, first-served basis.
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.

Make the program check payable to Raritan Valley Swim Team Parents.

All participants must have a current membership with the Raritan Valley YMCA. If you are not currently a YMCA member, you must also fill out a Y membership form (available at www.raritanvalleymca.org) and include a **separate** check for \$60, payable to Raritan Valley YMCA. All Raritan Valley YMCA members who currently belong to the Y, but did not swim for Riptide during the winter, must include proof of membership.

If enrolling more than one swimmer, please fill out a SEPARATE form for each!

Name:	Age:	Group:
Address:		
Email Address:	@	
Phone#		
Date:	Total Amount Enclosed:\$	
Are you a current Raritan Valley Y member? Y N If No, a separate check for \$60 must be included payable to RVY.		