

REGISTER HERE

Please Print Legibly.

PARTICIPANT FIRST & LAST NAME

D/O/B _____ Age _____

Gender (check one) M F Unspecified

Address _____

City _____ Zip _____

Phone _____

Check the class(es) you are registering for.

Beginner Camp Week of June 20th

Intermediate Camp Week of June 27th

Contact Person Information:

*all communications will be sent to the following:

Name _____

Phone _____

Email _____

D/O/B _____

I hereby consent to participate in this program and agree to release the Rocky Mount Family YMCA, Inc. from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature _____

Date _____

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
ROCKY MOUNT, NC
PERMIT NO. 290

HARRISON FAMILY YMCA
1000 Independence Drive
Rocky Mount, NC 27804
P 252-972-9622
harrisonfamilyY.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER SWIMMERS

Summer Swim Mini Camp
HARRISON FAMILY YMCA



ABOUT SUMMER SWIM MINI CAMP

This mini camp will help your swimmer learn swim fundamentals and further their swimming skills in a welcoming and fun atmosphere. There are various weeks and experience levels available to choose from and outlined below.

DATES & LEVEL OPTIONS

Beginner Camp

- For ages 6 - 12 years old
- Must be able to do at least 1 length independently (25 yards of freestyle and backstroke)
- Week of June 20th - 23rd. Registration closes on June 17th.

Intermediate Camp

- For ages 5 - 16 years old
- Must be able to swim all 4 strokes legally
- Week of June 27th - 30th. Registration closes on June 24th.



DAILY SCHEDULE FOR BOTH LEVEL CAMPS

Mondays - Thursdays from 8 a.m. - 12 p.m.

*On Thursdays only from 12-1, there will be a Parent Mini-Meet where parents can view their child's progression from that week.

- 8-9 teambuilding and dry land exercises
- 9-10 stroke training, drills, technique work
- 10-10:30 snack and goal setting
- 10:30-11:45 in water training session
- 11:45-12 pack up and pick up

WEEKLY FEES

- \$100/Week

READY FOR OUR RMY RACERS COMPETITIVE SWIM TEAM!?

If you feel that your swimmer is ready to progress to our swim team. Consider signing up for a summer evaluation for our Swim Team! Evaluations are by appointment only, so contact Yvonne Wilkins, Swim Team Coordinator, at ywilkins@rmymca.org to schedule an evaluation time.

AGES

5 and up

INFO TO KNOW

- 15% of program fee will be non-refundable should the registration be cancelled by the participant
- \$10 fee charged for returned payments
- ONLY Participants and coaches are allowed in program areas. All observers must remain outside of the program areas
- No food or drink allowed in program areas
- Space is limited

Need to bring each day:

- Swimsuit, towel, two swim caps, two pair of goggles
- Pair of tennis shoes
- Change of exercise clothes - for dry land exercises

SIGN IN & OUT POLICY

For all youth programs, ages 10 and under have to be signed in and out by an authorized parent/guardian. See program instructor for sign in/sign out procedures.

REGISTRATION

You may register by filling out the form in this brochure or online at harrisonfamilyY.org/programs

FINANCIAL ASSISTANCE

Financial Assistance is available to those who apply and qualify. Annual Campaign Funds are raised by staff and volunteers each year to help provide this program to the community. Please ask for a financial assistance form at the front desk or download and print from our website.