

# 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.**

☐ Starter Camp Week of June 7th

☐ Advanced Camp Week of June 21st

☐ Swim Together Camp Week of July 19th

**Check shirt size.**

Youth: ☐ XS ☐ S ☐ M ☐ L

Adult: ☐ S ☐ M ☐ L

**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 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

#### Starter Camp Week

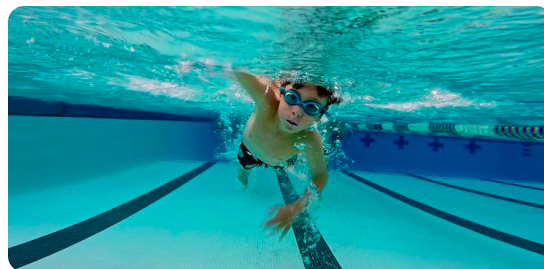
- For beginner levels - must be able to do at least 1 length (25 yds freestyle and backstroke)
- Week of June 7th

#### Advanced Camp Week

- For intermediate to advanced levels - must be able to swim all 4 strokes legally, perform flip turns, dive off the starting blocks, and have the endurance to swim 5,000 yds in 4 hours
- Week of June 21st

#### Swim Together Camp Week

- All levels will come together this week but still be separated out in groups.
- Week of July 19th



### 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 (snacks are provided)
- 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, we have provided our summer evaluation dates below. If these don't work for you, you may always reach out to Yvonne Wilkins at [ywilkins@rmymca.org](mailto:ywilkins@rmymca.org) to schedule another time.

- Mon, Aug 9 from 6-7 p.m.
- Thurs, Aug 12 from 6-7 pm
- Sat, Aug 14 from 10-11 am

### AGES

6 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

#### 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
- Two face masks
- A ziplock bag for masks

### 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](http://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.

