

SVY Swim Team Programs - Spring 2010

April Stroke Clinics 2010 (March 29 – April 15, 2010)

This clinic works on competitive strokes and skills, helps current swimmers stay in shape between seasons, and helps new swimmers prepare for tryouts.

*****Age of clinic determined by the actual age of the swimmer on the FIRST Day of the clinic (March 29th, 2010).**

Hillsborough March 29th - April 15th (3 week session)

7 to 8 yrs (6 yrs must be evaluated)	Tues, Thurs	6:45 – 7:45pm
9 – 12 yrs	Mon, Wed.	6:30 - 8:00pm
13 – 18 yrs	Tues, Thurs	6:00 - 7:30pm

Bridgewater March 29th - April 15th (3 week session)

7 to 8 yrs (6 yrs must be evaluated)	Tues, Thurs	6:45 - 7:45pm
9 – 12 yrs	Mon, Wed.	6:30 - 8:00pm
13 – 18 yrs	Tues, Thurs	6:30 - 8:00pm

Full	\$60.00 (7-8)	\$67.00 (9 and up)
Program	\$80.00 (7-8)	\$89.00 (9 and up)
Guest	\$90.00 (7-8)	\$101.00 (9 and up)

Spring Clinic 2010: April 19th – May 28th

HILLSBOROUGH YMCA

This clinic is designed to prepare swimmers for competition on summer clubs such as the Hillsborough Hurricanes. Swimmers will work intensively on backstroke, breaststroke, butterfly, and freestyle, as well as starts, turns, and finishes. YMCA membership is not required for participation. (Swimmers participating in the Long Course Team may not attend this clinic.) Open to all summer league swimmers from all teams and all leagues.

	Ages and Times	Full	Program	Guest
Group 1 7 to 8 yrs (6 yrs must be evaluated)	Tues, Thurs. 6:30 – 7:30pm	\$129	\$173	\$194
Group 2 9 to 12 yrs	Mon, Wed, Fri 6:30 – 8:00pm	\$165	\$204	\$226
Group 3 13 to 18 yrs	This group is ONLY offered at the RVCC location.	n/a	n/a	n/a

Spring Clinic 2010: April 19th – May 28th

RVCC POOL

This clinic is designed to prepare swimmers for competition on summer clubs such as the Hillsborough Hurricanes. Swimmers will work intensively on backstroke, breaststroke, butterfly, and freestyle, as well as starts, turns, and finishes. YMCA membership is not required for participation. (Swimmers participating in the Long

Course Team may not attend this clinic.) Open to all summer league swimmers from all teams and all leagues.

	Ages and Times	Full	Program	Guest
Group 1 7 to 8 yrs (6 yrs must be evaluated)	Tues, Thurs. 5:45 – 6:45pm	\$129	\$173	\$194
Group 2 9 to 12 yrs	Tues & Thurs 7:00 – 8:30pm Friday 5:30 – 7:00pm	\$165	\$204	\$226
Group 3 13 to 18 yrs	Tues & Thurs 7:00 – 8:30pm Friday 5:30 – 7:00pm	\$165	\$204	\$226

"Sunday Night Skills and Technique Swim Clinic" - with Coach

Danielle Harkins

Grades: 3-5

This clinic is recommended for current SVY swimmers (or other year round club swimmers) who play other sports during the spring season and are interested in keep up with their swimming skills until their summer swim team begins. Swimmers are required to have swum on a winter 09 – 10 club swim team or have the permission of the Director of Competitive Aquatics.

This clinic is designed to reinforce proper stroke technique, starts, turns and finishes. Training will include basic dry land and in-water workouts.

The clinic will take place in Bridgewater from 6:00 - 7:30 on the following Sunday evenings:

April 11, 18

May 2, 9, 16, 23

June 6th - last official practice

Swimmers will be invited to a time trial meet in May and those that have committed to 90% of these workouts and have show proficiency in all areas of the clinic will be invited to the Long Course Invitational Held at Princeton University in June (standard meet entry fees will apply).

The cost is \$80.00 per swimmer and will be limited to 30 swimmers.