



MOR IN MAY

PRE-SEASON SWIM CLINIC

The MOR IN MAY Pre-Season Swim Clinic provides instruction from the Marlins of Raleigh professional swim staff to swimmers age 6 and older looking to brush up on their competitive swimming skills in time for the summer season ahead. The 3-week MOR in MAY program is planned for April 24 through May 13, 2017. Our swim league coaches focus on stroke technique, starts and turns and drills to help everyone with basic FUNDamentals. The cost for MOR in MAY is just \$99 per swimmer. Sign-up now on our website at www.marlinsofraleigh.com. REGISTER NOW as sessions will fill quickly. Click on the “Seasonal Program” link and follow the sign-up instructions. Below is a list of the sites and times being offered:

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| RALEIGH SITE St. Mary's School School Chapel Drive Raleigh, NC | NORTH RALEIGH SITE Ravenscroft School 7409 Falls of Neuse Rd. Raleigh, NC | CLAYTON SITE Smithfield Recreation Aquatic Ctr Booker Farm Rd. Clayton, NC |
| TUE & THU—5:00-6:00PM SAT — 12:30N-1:30PM | MON/WED/FRI — 7:00-8:00PM OR TUE & THU — 7:00-8:00PM SAT — 10:30-11:30AM | MON/WED/THU— 6:30-7:30PM |
| For More Information Contact: Lizzy Ring coachlizzy07@gmail.com | For More Information Contact: Cara Cameron coachcara45@aol.com | For More Information Contact: John Fischetti jfischetti@aol.com |

2017 YOTA SUMMER PREP CLINICS

The YMCA of the Triangle Area (YOTA) Swim Team Summer Prep Clinic is a weekday clinic program intended to help swimmers prepare for a successful summer of swimming by refining stroke technique, body balance, breathing and overall efficiency in the four competitive strokes. Summer Prep Clinics have proven helpful in transitioning from swim lessons to summer swim team; and from summer swim team to a more competitive environment that could lead to a spot on the YOTA Swim Team in the fall. All clinics will be led by our experienced and certified YOTA coaching staff. We hope you will come join us for a fun and educational experience!

CLINICS DETAIL

Time: 12:30 – 1:30 p.m. (Saturday and Sunday)

Location: Oberlin Road Program Center - 1012 Oberlin Road - Pool/parking is located in back of the Interact building.

Cost: \$150 for 6, one-hour classes, given in a group setting

Sessions: ONLY TWO SESSIONS—limited spots available!

Session 1 - April 1, 2, 8, 9, 22, 23 (No Clinics on Easter Weekend) Session 2 - May 6, 7, 13, 14, 20, 21

Requirements

- Must be able to swim a lap of freestyle & backstroke with no assistance and have had an introduction to butterfly and breaststroke.
- Ages 6+
- YMCA membership is not required – ALL ARE WELCOME!

Lesson Plan

- Day 1: Freestyle
- Day 2: Backstroke
- Day 3: Breaststroke
- Day 4: Butterfly
- Day 5: Review
- Day 6: Review & Fun Race Day

Make-Up Policy

- Should YOTA cancel a class, we will schedule a make up date depending on pool and staff availability.
- If you miss for outside circumstances, a make up will be unavailable.

Refund Policy

- If a participant drops out prior to start date of the session a full refund will be given.
- If a participant drops out for medical reasons, a full refund will be given only if the session hasn't begun.
- No refund will be given once a class has completed its second day unless for medical reasons then a percentage may be refunded.

Coordinator Contact: Chris Bushelman • 919-582-9341 • Chris.Bushelman@YMCATriangle.org

BEGINNING MARCH 6 REGISTER ONLINE AT YOTASWIMTEAM.ORG



RSA in MAYpril Seasonal Clinics...a Kick Start to Summer League
 Sonner Aquatic Facility, 1013 Jones Franklin Road, Raleigh
www.swimrsa.org 919-859-4881



NORTH CAROLINA SWIMMING

| Class Name | Age Range | Session Dates | Tuition Per Session | Coach to Student Ratio | Class Length | Class Information |
|--|-----------------------------------|--|---------------------|------------------------|--------------|---|
| Firefish Tuesday/Thursday | 4 to 6 years as of June 1, 2017 | Session 1: 4/18/17-5/04/17 5:00 pm or 6:00 pm Session 2: 5/09/17-5/25/17 5:00 pm or 6:00 pm | \$99.00 | 1:4 | 45 minutes | Designed for summer league 6 and Unders, RSA coaches teach the elements of Freestyle, Backstroke and Breaststroke in our warm water instructional pool. A great kick start to summer league swim team. Participants must be four years old as of the first day of class to participate. Participants do not have to swim 25 yards unassisted, but must be comfortable in the water. Swim Cap provided. |
| Firefish Saturday or Sunday | 4 to 6 years as of June 1, 2017 | Sat: 4/29/17-5/20/17 2:00 pm or 3:00 pm Sun: 4/23/17-5/21/17 2:00 pm or 3:00 pm | \$66.00 | 1:4 | 45 minutes | Designed for summer league 6 and Unders, RSA coaches teach the elements of Freestyle, Backstroke and Breaststroke in our warm water instructional pool. A great kick start to summer league swim team. Participants must be four years old as of the first day of class to participate. Participants do not have to swim 25 yards unassisted, but must be comfortable in the water. Swim cap provided. |
| Weekday Wahoo Wednesday | 7-10 years old 11-14 years old | 4/19/17-5/17/17 7:30 pm | \$85.00 | 1:10 | 60 minutes | Designed for summer league swimmers, RSA's Head Coach teaches the four strokes, (Freestyle, Backstroke Breaststroke and Butterfly), as well as starts and finishes. Flip turns are taught in the 11-14 year old class and introduced in the 7-10 year old class. Participants must be able to swim 25 yards unassisted. Swim cap provided. |
| Weekend Wahoo Saturday or Sunday | 7-10 years old 11-12 years old | Sat: 4/29/17-5/20/17 2:00 pm or 3:00 pm Sun: 4/23/17-5/21/17 2:00 pm or 3:00 pm | \$66.00 | 1:10 | 60 minutes | Designed for summer league swimmers, RSA coaches teach the four strokes, (Freestyle, Backstroke Breaststroke and Butterfly), as well as starts and finishes. Flip turns are taught in the 11-12 year old class and introduced in the 7-10 year old class. Participants must be able to swim 25 yards unassisted. Swim cap provided. |