



# 2010 SUMMER AQUATICS PROGRAM WORKSHEET

**SUMMER REGISTRATION DATES**  
 Registration opens at 8am at the Welcome Center  
 Members - Monday, March 8th  
 Program Participants - Monday, April 12

This PLANNING WORKSHEET is designed to help you prepare you and your family for your summer aquatic needs. Many programs can fill quickly, so it is best to choose several options before coming to registration. Please keep in mind that there is a non-refundable \$15.00 deposit included in the cost for each class (the non-refundable deposit for Summer Swim Team is \$75.00). There is an additional \$10.00 transfer fee for each class transferred. Written notice of program cancellation is required to be submitted two weeks prior to a session start date in order to grant a refund. Please see our refund policy for more details.

Rev. 02/08/10

	Registration Worksheet	Parent-Tot 19 - 36 months	Parent-Preschool 3 - 5 years	Preschool 3 - 5 years	Youth 6 - 13 years	Adult Stroke Clinics 14 years & older	Summer Swim Team 5 - 18 years	Private Swim Lessons 5 years & older
Session 8	<b>Monday - Thursday</b> May 31 - June 10* 8 classes	<b>Note:</b> Session 8 classes will Not meet on Memorial Day (May 31, 2010). The class will take place on Friday, June 4, at the normal time.	B. 9:50-10:25am	D. 9:10-9:45am G. 9:50-10:25am			<b>Cary Family YMCA Summer Swim Team</b>  All new team members MUST receive a recommendation or be evaluated before registration day.  <b>SEASON</b> <b>MAY 24 - AUGUST 7</b>  <b>May 24 - August 7</b> 5-6 year olds: 6:35-7:25pm 7-8 year olds: 5:45-6:35pm 9-10 year olds: 6:35-7:25pm 11-12 year olds: 7:25-8:15pm 13-18 year olds: 3:15-4:05pm  <b>Important Season Dates</b> Friday, February 19 5:00pm Returning member registration closes Tuesday, April 6 6:30pm Swim Team Greeting & Suit Fitting  <b>Swim Meet Dates</b> Saturday, June 5 (Home) Saturday, June 19 (Home) Saturday, June 26 (Away) Saturday, July 10 (Home) Saturday, July 17 (Away) Saturday, July 24 (Away) YMCA Championship Meet Saturday, August 7 (Optimist)  <b>End of season celebration</b> Sunday, August 8 (5:30-7:30pm)	<b>Cary Family YMCA Private Lesson Program</b>  Our Private Swim Lesson Program is available to individuals 5 years of age and older who are looking for one-on-one instruction.  We have instructors available for all levels - from those interested in basic swimming skills, to technique and endurance training for the more advanced swimmer.  We also offer Private Swim Lessons specifically for adults and distance swimmers interested in racing and event training.  Private Swim Lessons are sold individually and require a Private Swim Lesson Request Form. Private Swim Lesson Request Forms will be accepted at the Aquatics Welcome Center starting on May 11, 2010.  <b>Private Swim Lesson Availability:</b> M/W/F 7:30 - 9:00am Mon-Fri 3:00 - 4:00pm Sun 2:30 - 4:30pm
Session 9	<b>Monday - Thursday</b> June 14 - June 24 8 classes		B. 9:50-10:25am	D. 9:10-9:45am G. 9:50-10:25am	E. 9:00-9:50am F. 9:55-10:45am H. 10:50-11:40am	L. Adult Stroke Clinic Thursday Mornings 6/10, 6/17 & 6/24 (7:30 - 8:15am)		
Session 10	<b>Monday - Thursday</b> June 28 - July 8 8 classes	A. 9:10-9:45am 6/28, 6/29, 6/30, 7/1 (4 classes)		D. 9:10-9:45am G. 9:50-10:25am	E. 9:00-9:50am F. 9:55-10:45am H. 10:50-11:40am			
Session 11	<b>Monday - Thursday</b> July 12 - July 22 8 classes		B. 9:50-10:25am	D. 9:10-9:45am G. 9:50-10:25am	E. 9:00-9:50am F. 9:55-10:45am H. 10:50-11:40am	L. Adult Stroke Clinic Thursday Mornings 7/15, 7/22 & 7/29 (7:30 - 8:15am)		
Session 12	<b>Monday - Thursday</b> July 26 - August 5 8 classes	A. 9:10-9:45am 7/26, 7/27, 7/28, 7/29 (4 classes)		D. 9:10-9:45am G. 9:50-10:25am	E. 9:00-9:50am F. 9:55-10:45am H. 10:50-11:40am			
Session 13	<b>Monday - Thursday</b> August 9 - August 19 8 classes		B. 9:50-10:25am	G. 9:50-10:25am	E. 9:00-9:50am F. 9:55-10:45am H. 10:50-11:40am			

	Program Fees	Parent-Tot	Parent-Preschool	Preschool	Youth	Adult Stroke Clinics	Summer Swim Team	Private Swim Lessons
<b>YMCA Members</b>		4 classes - \$25	8 classes - \$88	8 classes - \$88	8 classes - \$96	Adult Stroke Clinics - \$49	\$175 / season	\$40 / 30 minute lesson
<b>Program Participants</b>		4 classes - \$30	8 classes - \$105	8 classes - \$105	8 classes - \$140	Adult Stroke Clinics - \$58	\$210 / season	\$60 / 30 minute lesson

\*Please see reverse for Camp Rising Sun Swim Lesson opportunities

For more detailed information and updates about the Cary Family YMCA's Summer Aquatics Programs, please visit our website.  
[www.YMCATriangle.org](http://www.YMCATriangle.org)

CHILD'S NAME \_\_\_\_\_

**Morning Sessions - Current View**  
**Evening Sessions - Please see reverse**

# Swim Lesson Planning Worksheet for Summer 2010 (continued) - Afternoon/Evening Sessions

This PLANNING WORKSHEET is designed to help you prepare you and your family for your summer aquatic needs. Many programs can fill quickly, so it is best to choose several options before coming to registration. Please keep in mind that there is a non-refundable \$15.00 deposit included in the cost for each class (the non-refundable deposit for Summer Swim Team is \$75.00). There is an additional \$10.00 transfer fee for each class transferred. Written notice of program cancellation is required to be submitted two weeks prior to a session start date in order to grant a refund. Please see our refund policy for more details.

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Members - Monday, March 8th  
Program Participants - Monday, April 12

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	Registration Worksheet	Parent-Tot 19 - 36 months	Parent-Preschool 3 - 5 years	Preschool 3 - 5 years	Youth 6 - 13 years	Jr. Competitor 7 - 18 years	Adult 14 years & older	Summer Swim Team 5 - 18 years
Session 8	<b>Monday - Thursday</b> May 31 - June 10* 8 classes	<small>Note: Session 8 classes will Not meet on Memorial Day (May 31, 2010). The class will take place on Friday, June 4, at the normal time.</small>		O. 4:10pm - 4:45pm R. 5:45pm - 6:20pm	P. 4:50pm - 5:40pm			<b>Cary Family YMCA Summer Swim Team</b>  All new team members <b>MUST</b> receive a recommendation or be evaluated before registration day.  <b>SEASON MAY 24 - AUGUST 7</b>  <b>May 24 - August 6</b> 5-6 year olds: 6:40-7:30pm 7-8 year olds: 5:45-6:35pm 9-10 year olds: 6:35-7:25pm 11-12 year olds: 7:25-8:15pm 13-18 year olds: 3:15-4:05pm  <b>Important Season Dates</b> Friday, February 19 5:00pm Returning member registration closes Tuesday, April 6 6:30pm Swim Team Greeting & Suit Fitting  <b>Swim Meet Dates</b> Please see reverse on program worksheet for swim meet dates.  <b>End of season celebration</b> Sunday, August 8 (5:30-7:30pm)
Session 9A	<b>Monday &amp; Wednesday</b> June 14 - July 7 8 classes		N. 4:10pm - 4:45pm	O. 4:10pm - 4:45pm	P. 4:50pm - 5:40pm R. 5:45pm - 6:35pm			
Session 9B	<b>Tuesday &amp; Thursday</b> June 15 - July 8 8 classes	S. 4:50pm - 5:20pm		T. 4:10pm - 4:45pm U. 5:45pm - 6:20pm	V. 4:50pm - 5:40pm		W. 7:25pm - 8:15pm	
Session 11A	<b>Monday &amp; Wednesday</b> July 12 - August 4 8 classes		N. 4:10pm - 4:45pm	O. 4:10pm - 4:45pm	P. 4:50pm - 5:40pm R. 5:45pm - 6:35pm			
Session 11B	<b>Tuesday &amp; Thursday</b> July 13 - August 5 8 classes	S. 4:50pm - 5:20pm		T. 4:10pm - 4:45pm U. 5:45pm - 6:20pm	V. 4:50pm - 5:40pm		W. 7:25pm - 8:15pm	
Session 13	<b>Monday - Thursday</b> August 9 - August 19 8 classes			O. 4:10pm - 4:45pm R. 5:45pm - 6:20pm	P. 4:50pm - 5:40pm S. 6:25pm - 7:15pm	T. 6:25-7:15pm	W. 7:25pm - 8:15pm 4 classes - Tue/Thur Only (8/10, 8/12, 8/17, 8/19)	

	Program Fees	Parent-Tot	Parent-Preschool	Preschool	Youth	Jr. Competitor	Adult	Summer Swim Team
<b>YMCA Members</b>		8 classes - \$50	8 classes - \$88	8 classes - \$88	8 classes - \$96	8 classes - \$72	4 classes - \$50 8 classes - \$100	\$175 / season
<b>Program Participants</b>		8 classes - \$76	8 classes - \$105	8 classes - \$105	8 classes - \$140	8 classes - \$86	4 classes - \$70 8 classes - \$140	\$210 / season

## Summer Day Camp Swim Lesson Opportunity

Rising Sun Day Camp participants are given a special opportunity to participate in our summer swim lesson program! Your child will be transported to and from Rising Sun by a camp counselor. In order to take advantage of this opportunity, the participant **MUST** be registered for the 9:00am Youth Swim Lesson.

## Program Fees

In order to receive the YMCA Member Price (M), the participant being enrolled in the program must be a have a Cary Family YMCA or Triangle YMCA Membership for the duration of the program.

For more detailed information and updates about the Cary Family YMCA's Summer Aquatics Programs, please visit our website.

[www.YMCATriangle.org](http://www.YMCATriangle.org)