

LHY SWIMMING

SUMMER TRAINING PROGRAM

Registration for current Spring II participants begins **June 10th** online from 6PM and on or in person from 6PM-8PM and subsequent business hours. Registration for all other current members of the Y begins **June 11th** online from 8AM and on or in person from 8AM-8PM daily and subsequent business hours. Registration for non-Y members or new Y members joined by June 1st for the summer begins **June 13th** online from 8AM on or in person from 8AM-8PM and subsequent business hours. *No phone or mail registrations will be accepted.* Space is limited for each program. For online registration, the session is **08SUM** and the program names are **STPROG1A**, **STPROG1B**, and **STPROG2**. When registering, please know your t-shirt size.

If you were not a member of the 2007-2008 LHY Swim Team, you must contact Keira Cruz for permission to sign-up for Programs 1 or 2.

PROGRAMS 1A & 1B: JUNE 16 – AUGUST 1

(12/older swimmers; age as of 12/1/08- ie: For this upcoming season)

	<u>LHY Members</u>	<u>NON-Y MEMBERS</u>
STPROG1A	\$455	\$555
STPROG1B	\$495	\$595

*(includes 2 days of dryland training from 5:30-6:10AM (Mon & Wed), beginning Mon, June 23rd) *New Addition!*

Program features:

- Seven weeks of training at the Ginty Pool (6 lanes, 50 meter outdoor pool) located in Morris Township from 6:10-8:30 AM, Monday through Friday;
- Swimmers should arrive no later than 6:10 AM to help with set-up of the pool and be able to stretch;
- Training in the freestyle, IM and specialty strokes;
- Establishes an endurance base for the winter season (especially important for a December taper meet)

*It is required that the 13/older swimmers bring TYR Catalyst Paddles (size 2 or 3, an "Adult Finis Swimmer's Snorkel", and a pull buoy to practice every day in addition to a water bottle. You can purchase the paddles, snorkels, and buoys at **California Beach Hut**, 1 Broadway, Denville, NJ 07834. Phone 973-625-9155*

PROGRAM 2: JUNE 23 – AUGUST 1

	<u>LHY Members</u>	<u>NON-Y MEMBERS</u>
STPROG2	\$305	\$405

(12/younger swimmers; age as of 12/1/08- ie: For this upcoming season)

Program features:

- Six weeks of training held at the LHYMCA (3 out of 6 lanes in a 25 yard pool) from 9:00-10:00 AM, Monday through Friday;
- Emphasis on proper skills and techniques in all four strokes;
- Games & relays are incorporated into learning skills and reinforcing FUN.
- Due to high traffic at the Y in the AM, please arrive no later than 8:45AM & meet at the deep end bleachers.

DIRECTIONS TO GINTY POOL, MORRIS TOWNSHIP, NJ

From the north: Route 287 to exit 35 (Madison Ave. / Route 124). Bear right on exit ramp onto Madison Avenue West and proceed immediately to the left lane before the traffic light. Turn left onto South Street, which will take you over Route 287. Proceed straight through the next traffic light. The John W. Ginty Memorial Recreation Complex is approximately ½ mile on the left. If you drive past the horse stables, you went too far.

From the south: Route 287 North to exit 35 (South Street). Turn right at the traffic light. The John W. Ginty Memorial Recreation Complex is approximately ½ mile on the left. If you drive past the horse stables, you went too far.