



# METUCHEN EDISON YMCA SUMMER LONG COURSE 2009 JUNE 8TH—JULY 31ST



**What:** MEY Summer Long Course is for those competitive swimmers who want to take that extra step and commit to their training for the summer.

**Who:** All swimmers 18 and under are welcome to join our Long Course program. Swimmers must be proficient in all four strokes and able to swim 50 yards of each stroke without stopping. If you are not currently a MEY swimmer, we do ask that you try-out for the program prior to signing up. To schedule a tryout, please email [mey.swim@metuchen-edisonymca.org](mailto:mey.swim@metuchen-edisonymca.org) or call 732-548-2044 x212.

**Where:** All practices are held at Metuchen Municipal Pool on Lake Ave. in Metuchen. MMP is a 6 lane 50 meter pool with an additional 6 lanes of 25 yards.

**Groups:** There are 5 groups offered.  
**10/under**—for all swimmers who are ages 10 and under.  
**11/12**—for all swimmers ages 11 and 12  
**Bronze**—for those swimmers ages 13/over with no silver or bronze times in their age group.  
**Silver**— for swimmers 13/over with at least 1 silver time in their age group.  
**Gold**—for swimmers 13/over with at least 1 gold time in their age group.

**Dates:** Practices begin on June 8th in the afternoons afterschool. On June 25th, we move to the mornings and practice until July 31st.

<b><u>Times:</u></b>	<b><u>Practice Group</u></b>	<b><u>June 8th—June 24th</u></b>	<b><u>June 25th—July 31st</u></b>
	10/under:	6:00pm-7:00pm	7:30am-8:30am
	11/12:	5:30pm-7:00pm	7:00am-8:30am
	Bronze:	4:30pm-6:00pm	6:00-7:30am
	Silver & Gold:	4:30-6:30pm	6:00am-8:00am

**Fees:** 10/under—\$194 \*Register by May 18th and receive a \$10 discount on fees.  
 11/12—\$225  
 Bronze—\$225 In addition to the fees, each participant must have a current Metuchen  
 Silver & Gold—\$245 Branch YMCA membership.

**To Register:** Visit or call (732-548-2044) the Metuchen Branch YMCA to register. All swimmers must be registered in order to swim on June 8th.

**Additional Info:** All swimmers need to bring goggles, swim caps (those with shoulder length hair), swim fins, pull buoy and a kickboard to every practice.

Practices are held rain or shine (or cold). We DO NOT practice during thunderstorms. Should a thunderstorm arise during practice, there is a covered pavilion where we will take shelter while the storm passes.

We participate in summer long course swim meets. Additional fees will apply.

