

MONTCLAIR YMCA DOLPHINS SWIM TEAM

2010 SUMMER PROGRAM

Practice Times are subject to change! Stay on the website – NOTE: It is rare that we cancel am practices and will only do so in an electrical storm or an extremely bad storm - We will swim in rain.

DATES: Monday June 28th - Wednesday July 28th
(We will offer only Beach Club Practices through Wednesday August 11th for National and Zone competitors and those invited to train with the Montclair Zone Team)

Groupings: All athletes with Long Course National Cuts will swim at West Orange Pool – all athletes without LC National Cuts will be at the Montclair Beach Club with some exceptions who we will notify individually.

West Orange: All Athletes must bring a bag with fins, a pull buoy, paddles and kickboard to each practice

Monday through Friday:	5:45-8:00 am @ West Orange
Monday & Wednesday Doubles:	7:00 - 8:45 pm @ YMCA
Saturday	TBA - Weekly

Senior and Junior All Athletes must bring a bag with fins, paddles, a pull buoy and kickboard to each practice

Monday - Friday	6:15-8:30am @ Montclair Beach Club
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Prep
Monday - Friday: 6:30-8:30 am @ Montclair Beach Club

Novice and Stroke of Genius:
Monday - Friday: 6:30-8:30 am @ Montclair Beach Club

Intro, Micro Dolphins, Mini Dolphins and Little Dolphins:
Monday, Wednesday & Friday: 7:15-8:30 am @ Montclair Beach Club

PROGRAM FEES: Note that fees cover all practice schedules offered for each practice group. Please mail or hand deliver payments (checks payable to "Montclair YMCA" in envelope labeled **Faith Mazer, Summer Swim Team**) to the Montclair Y front desk and ask them to place in her mailbox.

Spring And Summer Combined Fees

Group	Total
Senior, Junior and Prep	Already Paid
Intro	205
Novice	235
Micro Dolphins	125
Mini Dolphins	125
Little Dolphins	125
Stroke of Genius	125

DIRECTIONS TO MONTCLAIR BEACH CLUB

Grove Street, Clifton, NJ

Traveling west on Route 3:

Take Rt. 3 west to exit for Grove Street, Montclair. Turn left off ramp onto Grove Street. *Travel approximately 2 miles and Montclair Beach Club is on the left (cemetery is on the right).

Traveling east on Route 46:

Take Rt. 46 east onto Rt. 3 east. Once on Rt. 3, take first exit for Grove Street, Montclair. Turn right onto Grove Street and follow directions at * above.

Traveling from the Montclair YMCA:

Turn left off Park Street onto Bloomfield Avenue (going east). Go to intersection at Grove Street/Elm Street (approximately 1/2 mile) and turn left onto Grove Street (Pathmark Shopping Center and old Train Station are on left at the turn). Travel approximately 4 miles and Montclair Beach Club is on the right (cemetery is on the left).

DIRECTIONS TO WEST ORANGE COMMUNITY POOL (Ginny Duenkel)
Cherry Street, West Orange, NJ

Traveling from the Montclair YMCA:

Turn Right on Bloomfield Avenue (going West). Turn Left onto Orange Street which will turn into Harrison Avenue. Turn Left onto Cherry Street (the last turn before Main Street West Orange). The pool is behind the Recreation Building on your right.

GENERAL RULES FOR MONTCLAIR BEACH CLUB - PLEASE SEE TEAM HANDBOOK FOR SPECIFIC RULES ABOUT PROPER BEHAVIOR AND ETTIQUETTE

1. Parents of swimmers are asked to have their swimmers at the pool ready to get in the pool at the start of their practice. Please don't leave children unattended before pool is open. Pre-Senior swimmers are required to help "set up" at 6:05 am and "break down" at 8:20 am.
2. Parents are welcome to stay in the pool area off to the side by the shuffleboard courts/ girls locker rooms during practice providing they do not interfere with the practice being conducted. Parents are asked not to enter the snack bar area - no food or drink will be available
3. The locker rooms are available for a quick shower after practice - please, no excessive use of this part of the facility. We need to leave the locker rooms cleaner then when we arrived.
4. Swimmers and parents are asked to pick up after themselves and to leave the pool area and locker rooms as they are found each day. We need to leave the facility cleaner then when we arrived.
5. Swimmers must be prepared to leave the pool area promptly after swim practice. Pool staff reports to work at 8:30 for regular members and it is important for swimmers and parents to **vacate the premises by 8:30**. Parents of swimmers who are also members at MBC are asked that they also vacate the premises and are welcome to return at regular opening hours (i.e.: members cannot stay after practice!) Please wait in parking lot for rides home.

We are really fortunate to have this facility to train in - let's use it wisely!

GENERAL RULES FOR WEST ORANGE COMMUNITY POOL:

1. Parents of swimmers are asked to have their swimmers at the pool ready to swim at 5:45 am. Please don't leave children unattended before pool is open. Everyone is required to help "set up" at 5:55 am and "break down" at 8:00 am.
2. Only athletes and coaches can be in the pool area during our practice sessions.
3. This pool is a noise free zone as it is right smack in the middle of a residential area - there can be no screaming, or loud behavior in any way. Also if you are an athlete who encourages the coaches to be loud, you can not train at this facility.
4. The locker rooms are available for a quick shower after practice - please, no excessive use of this part of the facility.
5. Swimmers are absolutely required to pick up after themselves and to leave the pool area and locker rooms neater then we found them each day.
5. Swimmers must be prepared to leave the pool area promptly after swim practice. Pool staff reports to work at 8:00 for regular members and it is important for swimmers and parents to **vacate the premises as soon as possible**. Parents of swimmers who are also members at West Orange are asked that they also vacate the premises and are welcome to return at regular opening hours (i.e.: members cannot stay after practice!) Please wait in parking lot for rides home.