



# Spring-Summer RMSC 2026

(April 6 – July 24, 2026)

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850

(240) 314-8750

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)



This flyer provides information about the Rockville-Montgomery Swim Club (RMSC) Spring-Summer competitive swimming program at the Rockville Swim & Fitness Center. The Spring-Summer session is a vital part of the year-round RMSC training program. Many RMSC winter swimmers choose to swim with RMSC during the spring- summer to continue their endurance and stroke training under the supervision of our experienced, professional coaching staff.

The 2026 Spring-Summer season runs from **April 6 through July 24**. Swimmers in the National Training Group, Advanced Senior Group, and Select Junior Groups must register for the whole season. Swimmers in the Instructional Stroke School (ISS), Junior I, Junior II, Senior Developmental, or Senior programs may choose to swim with RMSC for the entire Spring-Summer season, or an abbreviated Spring-only session from April 6 through June 17. All swimmers are encouraged to swim for the whole season with RMSC. For swimmers who qualify for and are competing in Eastern Zones, USA Swimming Junior Nationals and/or National Championships, practices beyond the above dates will be offered to help prepare for those meets.

The registration fees and program dues for the Spring-Summer season are structured similarly to those for the Fall-Winter season. **See below for due dates.** To assure your child's spot on the roster, do not delay in registration, both payments **MUST** be made at time of registration to fully reserve spot. There is a substantial discount for those swimmers who are members of the Rockville Swim and Fitness Center.

Registration and payment can be delivered in person to the Rockville Swim and Fitness Center, 355 Martins Lane, Rockville MD 20850. Call Dave Greene at 240-314-8755 or email: [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) with any questions.

## **Due Dates for Registration and Program Fees**

Due to the popularity of our program and to maintain appropriate group sizes, the following due dates for registration and payments are in place to ensure that returning swimmers have priority in registration, as well as to allow for new swimmers to join the program on a space available basis.

**ALL FEES MUST BE PAID BY THE DEADLINE TO SECURE YOUR SPOT**

<b>Current Swimmers</b> enrolled in the RMSC Rockville Site Fall-Winter Session	<b>New Swimmers</b> who have completed a try-out (see page 4) and have been selected for the team.	Registration <u>ONLY</u> on a space <u>available basis</u> for returning swimmers or new swimmers who have been selected.
<b>Register between 3/5 – 3/23</b> with a reserved spot. Availability for returning swimmers is not guaranteed after 3/23.	<b>Register between 3/24-4/3.</b> Availability is not guaranteed after 4/3.	4/3 and onwards. Note that registration must be completed, and all fees paid prior to a swimmer beginning practice.

## Fee Information – 3 Fees Required

### 1) Parents Club Registration Fee

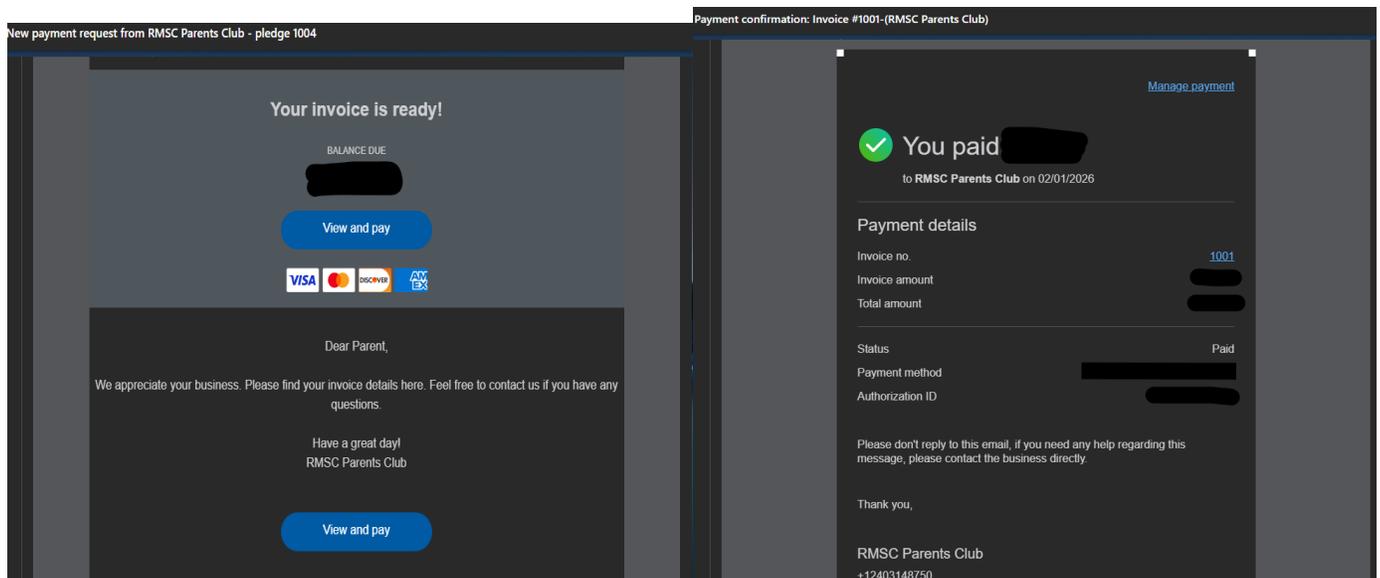
**\*NEW\*** 2 ways to pay - Paid via online link (to be sent via email) or check (Payable to RMSC Parents Club Inc.) Registration and program fees are due according to the schedule on page 1, to guarantee a place in our program.

Program:	Fee:
Instructional Stroke School	\$135.00
Junior II, Senior Development, and Senior	\$215.00
Advanced Senior and Junior I	\$340.00
Select Junior (Includes fee for dry-land training)	\$455.00
National Training Group (Includes fee for dry-land training)	\$505.00

### Payment method 1: \*Online Parents Club Payment\*

**Returning families** will be receiving an online payment link to the email on file from their Fall 2025-Winter 2026 registration, if you are a **new family**, the link will be sent 48-72 hours following tryout results. This email will come from RMSC Parents Club (quickbooks@notification.intuit.com) with the subject line "New payment request from RMSC Parents Club" (see below, left). Parents should select "view and pay" to complete Parents Club payment as soon as possible to avoid delays in registration. If you have not received the link, please check your spam/junk folder, if not found email [rmscrocktreasurer@gmail.com](mailto:rmscrocktreasurer@gmail.com) and a link will be resent to you within 72 hours. Once payment is made, the family will receive a "Payment Confirmation Invoice" email to be shown at front desk at time of program fee collection and registration completion.

**Confirmation of online Parents Club Payment (see below, right) or a check (payable to "RMSC Parents Club Inc.") is required at time of registration. Participants will be UNABLE to register without it.**



### Payment method 2: \*Check to RMSC Parents Club Inc.\*

If families prefer to pay via check, they may still do so. **All checks should be made out to "RMSC Parents Club Inc." and include the Swimmers Name AND Group in the memo line.**

THIS REGISTRATION FEE IS NON-REFUNDABLE. Registration fees for swimmers who elect to participate in the abbreviated spring program are not discounted. New athletes must also register with USA Swimming. See next below for details.

**NOTE FOR HIGH SCHOOL SENIORS AND COLLEGE STUDENTS:**

All high school seniors and college swimmers are eligible to pay "COLLEGE REGISTRATION". For \$630.00 per year beginning with the Spring season, swimmers remain eligible to practice with and compete for RMSC for the duration of their H.S. senior year / summer and when "back from college" on breaks. Fees are as follows:

- 1) \$280.00 for registration to "RMSC Parents' Club"
- 2) \$355.00 for dues paid to the "City of Rockville."
- 3) Athletes must maintain current registration with USA Swimming

**2) Spring-Summer Swim Team Program Fees (PAYABLE TO: CITY OF ROCKVILLE):**

The 2026 Spring-Summer program runs from April 6 through July 24. As indicated below, program fees are based on the swimmer's membership status at the Swim and Fitness Center. Note that only certain practice groups have the option of an abbreviated Spring Only session (April 6 – June 17). Fees can be paid via check payable to City of Rockville, Visa, Mastercard, Discover or cash.

<b>Program:</b>	<b>Spring/Summer Non-Members Fee:</b>	<b>Spring/Summer Members Fee:</b>	<b>Spring ONLY Non-Members Fee:</b>	<b>Spring ONLY Members Fee:</b>
Instructional Stroke School	\$700	\$595	\$430	\$366
Junior II	\$760	\$646	\$465	\$396
Junior I	\$1,010	\$859	\$625	\$532
Select Junior	\$1,210	\$1,029	N/A	N/A
Senior Development	\$770	\$655	\$470	\$400
Senior	\$855	\$727	\$525	\$447
Advanced Senior	\$1,140	\$969	N/A	N/A
National Training Group	\$1,355	\$1,152	N/A	N/A
Stroke Clinic (6/19-7/20 only) *	\$95	\$81	N/A	N/A

*To take advantage of the special pricing for Rockville Swim and Fitness Center Members, the RMSC swimmer must be registered for an active aquatics or full facility membership spanning the entire session of the swim season which is being registered for.*

\*All swimmers participating in the Stroke Clinic must register and pay for the stroke clinic program in addition to their regular group. A drop-in rate of \$10 per class is available.

**3) USA Swimming Registration:**

New swimmers who are not currently registered with USA Swimming must do so before beginning to practice. Once swimmers are registered for the RMSC program, a USA Swimming link unique to RMSC will be provided to each family. Each family will be required to set up a family account then register their swimmers and non-athlete members. USA Swimming will then collect the registration fees (currently \$98 per athlete) and notify RMSC that the registration is complete. Athletes who registered with USA Swimming in the Fall 2025 season don't need to re-register until renewal is due.

## New Swimming Try-Outs

A “New Swimmer” is any swimmer who did not participate in the 2025-2026 Fall-Winter RMSC program at the Rockville Swim and Fitness Center. For these swimmers to have an opportunity to join the team by being evaluated and assigned a practice group (space permitting), the following try out opportunity has been created: **Mon., March 16, 2026**. Pre-registration is required (no fee charged). Registration opens on 2/23/26 at 8:30am for residents of Rockville and 2/25/26 at 8:30am for non-residents (note: not all Rockville mailing addresses are inside the corporate limits of Rockville, check online at [www.rockvillemd.gov/gis](http://www.rockvillemd.gov/gis)). Registration closes on 3/16/26 or when all try-out spaces are filled. Only register for one try-out option. To pre-register, visit [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration) and register for the “course number” from the chart below. Tryouts are held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville, MD 20850) and are only for the Rockville site.

Swimmer Type	Date / Time	Course #
8 years old and under, new to club swimming	Mon. 3/16/26, 5:00pm start	<a href="#">39169</a>
9-12 years old, new to club swimming	Mon. 3/16/26, 6:00pm start	<a href="#">39170</a>
13 years old and over, new to club swimming	Wed. 3/16/26, 7:00pm start	<a href="#">39171</a>
Current swimmers at other RMSC Practice sites or other year-round USA Swimming club swimmers interested in transferring to RMSC, Rockville should Contact Dave Greene at 240-314-8755 / <a href="mailto:dgreene@rockvillemd.gov">dgreene@rockvillemd.gov</a> to discuss.		

**Note: spaces available for new / transfer swimmers are VERY limited. Depending on returning swimmer registration, some groups may have no vacancies.** See below for a description of our practice groups. Please be advised that due to the capacity constraints of the program, simply meeting group requirements does not guarantee a swimmer a place in the program.

**Mid-Season Tryouts:** From time to time, limited spots become available mid-season. To express interest in a mid-season tryout, please email Head Swim Coach Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov). Please note that due to group capacities, prerequisite requirements, and other factors not all tryout requests can be accommodated.

## Group Assignments:

Most RMSC swimmers will continue in the same group in which they swam during the Fall-Winter season unless otherwise specified by a coach. The coaches do, however, re-evaluate each swimmer's group assignment at the beginning of the season and make changes as necessary. Swimmers or parents wishing to discuss group assignments should contact Dave Greene at the Swim and Fitness Center.

## Instructional Stroke School (ISS):

This group will consist of 8 & under swimmers in the RMSC program. Emphasis will be on competitive stroke mechanics, turns, starts, swim meet orientation, AND HAVING A FUN YEAR! **It is recommended that swimmers practice a minimum of 2-3 times per week.** Participation in summer practices require coach's approval.

Below are the minimum criteria for joining the group by age:

**6 and under:** Ability to complete 2 lengths of Freestyle and Backstroke stopping only at the wall when the length is complete. Blow bubbles under water while swimming. Have an idea of Breaststroke and Butterfly even if unable to perform the stroke legally.

**7-year-olds:** All the requirements for 6 and under swimmers. Additional ability to swim 1 length of EITHER Breaststroke or Butterfly legally.

**8-year-olds:** All the requirements for 6 and under swimmers. Additional ability to swim 1 length of BOTH Breaststroke and Butterfly legally. Ability to complete a 100 IM legally.

### **Junior II:**

Primarily consisting of swimmers 9 to 12 years of age, the emphasis for this group is on perfecting swim technique as well as being an introduction to competitive swimming. **Coaches require 2 practices per week minimum and recommend 3 or more practices per week.** Swimmers must participate in at least one meet every other month. Below are the minimum criteria for joining the group by age:

**9-10 year-olds:** Ability to: Swim 4 non-continuous lengths of each stroke legally; Complete 4 lengths continuous Freestyle; Complete 4 lengths continuous non-freestyle of two other strokes (Backstroke, Breaststroke or Butterfly); Complete a legal 100 IM; Perform or attempt flip turns and hand first dives off the diving block. (those in the RSFC Lessons Program should have completed Youth 6- Swim Team Prep.)

**11-12 year-olds:** Ability to: Swim 2 continuous lengths of each stroke legally; Complete 8 lengths continuous Freestyle; Complete 4 lengths continuous non-Freestyle of two other strokes (Backstroke, Breaststroke or Butterfly); Complete a legal 100IM(11 y.o) / 200IM(12 y.o); Perform free/back flip turns, hand first dives from starting block and legal finishes for all strokes.

### **Junior I:**

This group will consist of swimmers 9 to 12 years of age and is by invitation only. This group will be chosen based on meet performance, practice performance, training habits, etc. Emphasis will be on stroke mechanics, conditioning, and preparation for upper level swimming in the RMSC program. Swim meets will be required. **Coaches require 4 or more practices per week.**

### **Select Junior:**

This group is for dedicated swimmers ages 9 to 14 with the goal of becoming nationally qualified and is by invitation only. The emphasis will be on refining stroke mechanics and preparing for the rigors of more intense training. A dryland practice schedule will be distributed by the coach. **Swimmers are required to attend 6 to 7 practices per week.**

### **Senior Developmental:**

This group, for swimmers ages 13 to 18 will focus on the development of proper stroke mechanics, fitness, and introduction into competitive swimming. The senior coaches will determine which swimmers will be participating in this group. **Swimmers are recommended to attend at least two practices per week** and may be permitted to attend Senior Group practices with permission of their coach.

### **Senior:**

This group is for swimmers ages 13 to 18 who desire to swim in a senior level group. Swimmers are introduced to all aspects of competitive swimming. This group provides a strong base in stroke mechanics, with aerobic and anaerobic conditioning and strength training appropriate to the individual swimmer's goals and capabilities. A dryland practice schedule will be distributed by the coach. Swimmers in this group are expected to participate in meets throughout the season. **Coaches require 3 or more practices per week.**

### **Advanced Senior:**

This group will be for swimmers ages 13 to 18 who have the desire and ability to advance to the National Training Group. This group will provide the swimmers a transition from elite level junior swimming to our National Training Group. Coaches will provide a strong emphasis on proper stroke mechanics and conditioning in preparing swimmers to advance to and succeed in the senior levels of Potomac Valley Swimming. A dryland practice schedule will be distributed by the coach. **Swimmers are required to attend 5 practices per week, plus dryland.**

### **National Training Group:**

RMSC's top senior swimmers, ages 13 and over will train in this group. Swimmers will train towards reaching the upper levels of senior swimming in Potomac Valley and United States Swimming. Strict performance standards are a prerequisite for the group, which will concentrate on developing good workout habits and stroke mechanics while training at a higher level. A dryland practice schedule will be distributed by the coach. **Swimmers are expected to attend all practices.**

## **Other Information**

### **SCHOLARSHIP ASSISTANCE**

Financial assistance with the cost of swim team participation is available through the "Debbie Mermelstein Memorial Fund." This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents Club. The RMSC Parents' Club has also established the Jamie Martens Senior Scholarship Fund to provide similar opportunities for swimmers ages 13 and over. These scholarships are offered to those in need and benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of these funds should contact a Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) or 240-314-8755. **Scholarship approvals must be in place prior to registration deadlines. Any scholarship recipient will need family member to volunteer to work at least 2 meets. This will be a requirement for the scholarship.**

### **Transfers:**

Swimmers transferring to RMSC from another USA Swimming club should visit the USA Swimming SWIMS 3.0 website and complete the Transfer Form online, prior to registering with RMSC, Rockville.

### **Practice Schedules:**

During the spring semester, practices are scheduled similarly to the winter schedule with workouts held both before school and in the afternoon. After school is out, the schedules change with practices offered in the morning, as well as some afternoon practices. The practice schedules for both semesters are listed in this flyer. All RMSC – Rockville practices in this flyer are held at the Rockville Swim and Fitness Center and athletes are not entitled to attend practice at other RMSC sites with their RMSC – Rockville registration.

### **Transportation and Carpools:**

It is the responsibility of each swimmer to provide their own transportation to and from practice sessions and local meets. All families are strongly encouraged to form carpools with other families in their neighborhood. Parents/guardians are responsible for the supervision of their children before and after practice.

### **Family Member Volunteering Requirement:**

Family members must volunteer in at least 2 meets. If this requirement is not met there will be a \$100 penalty, payable to RMSC Parents Club Inc. (\$50 per meet), for not volunteering.

## USA Swimming Meets:

There are several USA Swimming meets scheduled prior to and during the summer-league season. Most local meets during the summer season are scheduled so they do not conflict with the summer-league meets. To simplify the meet entry process, most meet entry fees will be included in the registration fee. This registration fee will cover all entry fees for the Spring-Summer season. Certain meets will require additional fees to offset travel and entry expenses.

## Newsletters

To keep all families up-to-date on swim meets and all team functions, the coaches publish a periodic newsletter / update message via email. This publication contains valuable information for all swimmers and parents at RMSC - Rockville. Additionally, the communication may contain time-sensitive information on upcoming events and meets, schedule changes and a quick review of the past week. If you notice that you are not receiving communications, email your swimmer's head coach and/or Head Coach Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) from your current email address.

## Swimmer's Conduct Expectations

Participation in the Rockville-Montgomery Swim Program requires a high level of skill and commitment. Swimmers are expected to show respect and courtesy for their teammates, coach, and themselves by arriving to practice on time, not socializing during practices, and by putting in the expected level of effort into each practice. Swimmer (and parents) are expected to follow facility rules and staff instructions.

Spaces in Coaches' Invitational groups (National Training Group, Advanced Senior Group, Select Junior and Junior 1) are limited. In order to earn a space in a Coach's Invitational Group, the following criteria are considered:

- 1) The recommendation of the swimmer's previous coach and the acceptance of the invite group's coach.
- 2) Documented competition times and work ethic, with age considered
- 3) The ability to meet practice requirements and complete practice sets.
- 4) Final decisions regarding acceptance to invitational groups are made by the group's coach.

For swimmers in Coaches Invitational groups, athletes are expected to participate in the minimum number of practices per week required for the group and to represent the team at meets as agreed upon with the coach. Swimmers in invitational groups are expected to be a good role model for younger and beginner level swimmers on the team. If a swimmer in an invitational group is not performing to standards, the swimmer may be moved to another group assignment appropriate to their level of commitment and performance.

### Minor Athlete Abuse Prevention Policy (MAAPP)

The Rockville-Montgomery Swim Club, as a USA Swimming member club is required to implement the MAAPP in full. **Families must review the policy and comply with applicable sections.** The MAAPP must be reviewed and signed with acknowledgement submitted to RMSC on an annual basis. For more information and to review the required policy visit [www.rmscswimming.com/safesport](http://www.rmscswimming.com/safesport) or <https://www.usaswimming.org/Home/safe-sport>. Policy acknowledgement "sign-off" is completed through the registration process.

# **RMSC, ROCKVILLE SITE – 2026 SPRING PRACTICE SCHEDULE (4/6–6/17)**

## **INSTRUCTIONAL STROKE SCHOOL (ISS):**

MONDAY:	7:00 – 8:00 p.m.	South Pool
WEDNESDAY:	6:30 – 7:30 p.m.	South Pool
THURSDAY:	5:45 – 6:30 p.m.	South Pool
SUNDAY:	8:30 – 9:30 a.m.	South Pool

## **JUNIOR II**

TUESDAY:	4:45 – 6:00 a.m.	North Pool
THURSDAY:	4:45 – 6:15 a.m.	South Pool
	6:30 – 7:30 p.m.	South Pool
SATURDAY:	7:30 – 9:00 a.m.	North Pool
SUNDAY:	3:00 – 4:00 p.m.	South Pool

## **JUNIOR I**

MONDAY:	6:00 – 7:00 p.m.	South Pool
TUESDAY & THURSDAY:	4:45 – 6:15 a.m.	South Pool
WEDNESDAY:	4:40 – 6:00 a.m.	North Pool
FRIDAY:	7:00 – 8:00 p.m.	South Pool
SATURDAY:	7:30 – 9:00 a.m.	South Pool
SUNDAY:	7:30 – 8:30 a.m.	South Pool

## **SELECT JUNIOR**

MONDAY & FRIDAY*:	4:40 – 6:00 a.m.	North Pool
TUESDAY, WEDNESDAY, THURSDAY:	4:45 – 6:15 a.m.	South Pool
TUESDAY & THURSDAY:	4:30 – 6:00 p.m.	North Pool
WEDNESDAY:	5:00 – 6:30 p.m.	South Pool
FRIDAY*:	5:15 – 7:00 p.m.	South Pool
SUNDAY:	6:00 – 8:00 a.m.	North Pool

*\*Friday practices will be divided by age group (12+under / 13+over) and alternate weekly between AM and PM practice.*

**Dryland Training:** Group A - Mon. 4:30-5:30pm Location TBA

Group B - 4:00-4:55pm Room A

## **SENIOR DEVELOPMENTAL**

MONDAY	8:00 – 9:00 p.m.	South Pool
TUESDAY	4:45 – 6:00 a.m.	North Pool
WEDNESDAY	7:30 – 8:30 p.m.	South Pool
THURSDAY	4:45 – 6:15 a.m.	South Pool
FRIDAY	8:00 – 9:00 p.m.	South Pool

**Dryland Training:** Wed. 6:45 – 7:15pm

## **SENIOR**

MONDAY	8:00 - 9:30 p.m.	South Pool
WEDNESDAY & FRIDAY	3:30 – 5:00 p.m.	North Pool
THURSDAY	4:40 – 6:00 a.m.	North Pool
SUNDAY*	5:00 – 6:15a.m. OR 6:15 – 7:30 a.m. (see notes on next page)	South Pool

*Dryland Training:* Monday at 7:00 pm and Sunday after AM practice

### ADVANCED SENIOR GROUP

MONDAY, WEDNESDAY, FRIDAY	3:30 – 5:00 p.m.	North Pool
TUESDAY	6:00 – 7:30 p.m.	South Pool
THURSDAY	4:30 – 6:00 a.m.	North Pool
SUNDAY*	5:00 – 6:15am OR 6:15 – 7:30 a.m. (see notes below)	South Pool

*Dryland Training:* Tuesday 5:00 – 5:45pm, and Sunday after AM practice

**\*Senior and Advanced Senior Sunday Practice Note:** During times when the outdoor Fitness Pool is closed for the season, Senior and Advanced Senior will alternate weeks when one group practices 5:00am-6:15am and the other group practices 6:15am-7:30am. When the outdoor Fitness Pool is open for the season, both groups will practice from 6:00am-7:30am, with one group in the Fitness Pool and the other in the South Pool. **Coaches will communicate the Sunday practice schedule to their groups.**

### NATIONAL TRAINING GROUP

MONDAY & TUESDAY	3:45 – 6:00 p.m.	South Pool
MONDAY & FRIDAY	4:45 – 6:15 a.m.	South Pool
WEDNESDAY	3:30 – 5:00 p.m.	South Pool
THURSDAY	3:30 – 5:45 p.m.	South Pool
FRIDAY	3:30 – 5:30p.m.	South Pool
SATURDAY	5:30 – 7:30 a.m.	South Pool

**Dryland Training:** Wednesday, 5:15-6:15 PM and Saturday 7:45-8:45 am

Note: Practice Schedules are subject to change based on swim meets, holidays, special events and other factors. Listen to updates from the coaching staff and keep an eye on your email for any changes. Planned practice changes will be posted to [www.rockvillemd.gov/rmsc](http://www.rockvillemd.gov/rmsc).

Updated: 2/26/26

# **RMSC - ROCKVILLE SITE 2026 SUMMER PRACTICE SCHEDULE (6/18\*-7/24\*\*)**

*\*Depending on MCPS end of year schedules, the transition from spring to summer schedule may change. Coaches will communicate with their groups.*

*\*\*Practices during period of 7/25-8/4 ONLY for swimmers competing in regional or national championship meets. Coaches will communicate with their groups.*

## **INSTRUCTIONAL STROKE SCHOOL (ISS):**

Participation in summer practices require coach's approval for ISS swimmers. In the Summer Season, this group is open to 9-year-old swimmers who were recently moved up to Junior II. 8 & under swimmers who wish to swim during the summer session with one of the Junior Groups must have approval from the RMSC, Rockville Site's Head Coach

MONDAY, WEDNESDAY, FRIDAY: 10:00 – 11:00 a.m. South Pool

## **JUNIOR II:**

TUESDAY & THURSDAY: 8:00 – 9:00 a.m. South Pool

SUNDAY: 8:00 – 9:00 a.m. Fit Pool

## **JUNIOR I:**

MONDAY, WEDNESDAY, FRIDAY: 8:00 – 9:00 a.m. South Pool

TUESDAY (10 and under invited swimmers only): 3:30 – 5:00 p.m. South Pool

SUNDAY: 7:00 – 8:00 a.m. Fit Pool

## **SELECT JUNIOR:**

MONDAY, WEDNESDAY, FRIDAY: 7:00 – 8:00 a.m. South Pool

8:00 – 9:00 a.m. Fit Pool (6 lanes)

TUESDAY & THURSDAY: 7:30 – 9:00 a.m. Fit Pool (6 lanes)

TUESDAY (10 and under invited swimmers only): 3:30 – 5:00 p.m. South Pool

WEDNESDAY^: 3:30 – 5:00 p.m. South Pool\*

## **SENIOR**

MONDAY & WEDNESDAY: 5:15 – 6:45 a.m. South Pool

THURSDAY (shared practice with Adv. Sr. Group): 4:00 – 6:00 p.m. Fit Pool (5 lanes)

FRIDAY: 8:00 – 9:00 p.m. South Pool

## **SENIOR DEVELOPMENTAL:**

MONDAY, WEDNESDAY^, FRIDAY: 7:00 – 8:00 p.m. South Pool

## **ADVANCED SENIOR GROUP:**

MONDAY: 4:30 – 6:00 a.m. Fit Pool

TUESDAY: 2:00 – 3:30 p.m. South Pool

WEDNESDAY & FRIDAY 5:00 – 6:30 a.m. Wellness Pool

THURSDAY (shared practice with Senior Group): 4:00 – 6:00 p.m. Fit Pool (5 lanes)

## **NATIONAL TRAINING GROUP:**

MONDAY, WEDNESDAY, FRIDAY: 6:00 – 8:00 a.m. Fit Pool (6 lanes)

TUESDAY & THURSDAY: 5:30 – 7:30 a.m. Fit Pool (6 lanes)

FRIDAY: 3:30 – 5:00 p.m. South Pool

TUESDAY 4:00 – 6:00 p.m. Fit Pool (5 lanes)

SATURDAY^: 6:00 – 8:00 a.m. Fit Pool

*^ Certain Wednesday and Saturday Practices may be cancelled / modified due to Swim Meet schedules. Coaches will communicate with their groups.*

## **STROKE CLINIC**

The stroke clinic is for RMSC athletes ages 9 and up to supplement practices above by providing more intense stroke mechanics instruction and corrections. The stroke clinic is not a substitute for a swimmer's regular practice assignment. Stroke Clinic runs 6/19-7/20 only.

MONDAY, THURSDAY 4:00 – 5:00 p.m. South Pool

## **STROKE CLINIC NOTES:**

The Stroke Clinic is intended to be a **supplement** to morning and afternoon practices and cannot be used as a substitute for these workouts. All RMSC, Rockville swimmers are welcome to attend, provided they are proficient in all 4 strokes and that 8 and under swimmers have approval from their group's Coach and the RMSC, Rockville Site's Head Coach. The Stroke Clinic is a separate program with a fee for all swimmers. A drop-in rate of \$10.00 per session is available.

**PLEASE  
PRINT  
CLEARLY** 



Office Use Only:

Parent's Club Fee Check or Invoice  
Number \_\_\_\_\_  
Initials \_\_\_\_\_  
Date \_\_\_\_\_

## RMSC SWIM TEAM REGISTRATION FORM

**Please make checks for Registration Fees payable to "RMSC Parents' Club, Inc."**

**Please make checks for Programs Fees payable to "The City of Rockville"**

**Documentation of Parents Club registration (Online Payment or Check) will be required before program fee payment is accepted at the Swim and Fitness Center to finalize registration for the team.**

**ALL FEES MUST BE PAID BY THE DEADLINE TO SECURE YOUR SPOT**

PARENT/GUARDIAN NAMES

Last	First	MI.
Last	First	MI.

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Primary Phone \_\_\_\_\_ Parent / Guardian 1 Cell # \_\_\_\_\_ Parent/Guardian 2 Cell # \_\_\_\_\_

Emails (very important):

\_\_\_\_\_

**RMSC SCHOLARSHIP DONATION (OPTIONAL)**

Donate to the RMSC Parents Club Scholarship Fund \$ \_\_\_\_\_ (Add to Parents Club Online Fee or Check)

Swimmer's Name(s) Last, First M.I.	Gender	DOB	Group	Session (Spring only or Spring & Summer)

**Release, Waiver, Assumption of Risk and Consent and MAAPP Acknowledgement**

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering this facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Policy Acknowledgement - Minor Athlete Abuse Prevention Policy (MAAPP): I acknowledge that I and all other adults/guardians related to the swimmer have received, read and understood the Minor Athlete Abuse Prevention Policy (available online at [www.usaswimming.org/Home/safe-sport](http://www.usaswimming.org/Home/safe-sport)). I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of participation with Rockville-Montgomery Swim Club (USA Swimming member club).

Signature of Participant/Guardian \_\_\_\_\_ Date \_\_\_\_\_