

# HAMILTON Y AQUATIC CLUB

[www.hamiltonaquatics.com](http://www.hamiltonaquatics.com)

In our 43rd Year Tradition of Developing Champions

## FALL/WINTER 2025-26

Sponsored by: Hamilton Area YMCA

**Marlins-** This program is for swimmers who can swim 50 yds. of freestyle, 25 yds. of backstroke and have some basic knowledge of breaststroke or butterfly. This level continues the development of all four strokes, as well as starts and turns. Swimmers will participate in YMCA dual meets, YMCA 8/under champs and YMCA Bronze Meet as well as US meets.

**Try outs and YMCA membership and USA Swimming membership required.**

**Dates:** Sept. 17, 2025 – February 2026  
**Location:** Mercer County Community College

**Practice: Monday & Wednesday**  
**Time: 5:30-7:00pm**

**Dolphins-** This program is for swimmers who can swim 50 yds. freestyle, 50 yds. backstroke with appropriate turns, and 50 yds. of either breaststroke or butterfly. This group will continue to develop and master all 4 strokes. Emphasis will be technique, turns, starts and endurance training. Participation in YMCA dual, bronze and silver meets. Swimmers will have the option of doing select US meets. There will be an additional fee for US registration. **Try outs and YMCA membership required.**

**Dates:** Sept. 18, 2025 – February 2026  
**Location:** Mercer County Community College

**Practice: Tuesday, Thursday and Friday**  
**Time: 5:30-7:00pm**

### Fees

#### Marlins- \$1,095.00

**\$595 deposit required with registration by  
August 15, 2025**

**Balance due \$500.00 by 10/15/25**

#### Dolphins- \$1,265.00

**\$665 deposit required with registration by  
August 15, 2025**

**Balance due \$600.00 by 10/15/25**

There will be absolutely no refunds for registration fees after October 15, 2025  
Payment plans available upon request – Contact Sue Welsh [swimHACY@gmail.com](mailto:swimHACY@gmail.com)

**An additional \$50 entry fee to be held in escrow for meet entries**

#### US Swimming Registration Fee

Swimmers must show proof of US Swimming registration. US membership is done directly through USA Swimming.  
12 & unders may choose the Flex membership (which allows for limited participation in meets, in order to swim more than 2 US meets and/or championships, that member must upgrade to premium USA membership  
13 & over swimmers must register for premium USA membership \$100

### Hamilton Area YMCA Swim Team Membership

***All swimmers must be GENERAL members of the Hamilton Area YMCA.*** Payments made in the Y portal to the **Hamilton Area YMCA** must accompany registration. New swimmers must also complete a Y Registration form – available on HACY website.

Swimmers with current GENERAL or FITNESS Y memberships need only provide membership number on registration form.  
(Please note if you have a BASIC membership it will have to be upgraded, your additional fee will be calculated for you.)

Indicate membership number on registration form – do not send a check at this time!).

***You may choose to pay/join for season or full year***

**Membership will be valid from September 10, 2025– April 15, 2026**

Youth (Ages 12 & under) \$108

Teen (Ages 13 & older) \$210

**Membership will be valid from September 11, 2024– September 15, 2025**

Youth (Ages 12 & under) annually \$198

Teen (Ages 13 & older) annual \$385

### **REGISTRATION AND DEPOSIT ARE DUE BY August 15, 2025**

Please make checks payable to HAC, Inc., 20 Birchwood Court, Princeton Jct. NJ 08550

**\*Previous team members only\* Late Fee \$25** registrations received after 8/15/25

# Parent Information Sheet

## Fees:

Deposits are required with all registrations. Balance of payment is due 10/15/25. Fees for families with two or more swimmers are discounted automatically. Payment schedule is available for those families that are interested.

## Official Training:

**Our team is required to provide certified officials for YMCA and USS Meets. We provide the training. This is a great way to become involved in the sport. If you are interested, please contact Kim Jaffe or Katrina Bailey.**

## Practice Times: COVID PROTOCOLS MUST BE FOLLOWED

Parents are urged to have their children ready to ENTER the water at the designated start time of practice – generally that means you should get there 10–15 minutes ahead of schedule to allow time to change, get organized, and stretch!

## YMCA Girls and Boys Teams:

There are separate YMCA Swim Teams for the boys and girls – that means that they do not compete together.

## USA Swimming:

Marlins and Dolphins **will** participate in USA competitions, therefore will be required to register for USA Swimming. Info will be provided shortly after registration.

## Parental Responsibilities:

We are dependent on parents to effectively, efficiently, and economically, run this swim club. As such there are a number of requirements that must be fulfilled. None of them are difficult, and they don't have to cost you anything – what we need is your time. They are detailed on the Parent Responsibility Form. That form needs to be read, signed, and turned in. All families are required to pay a \$300 deposit to be held to ensure required sessions are fulfilled at our team hosted meets. These meets are our primary fundraiser to help subsidize cost to our families.

## Team Swim Suits:

Swimmers must purchase a team suit. A "suit sale" date will be announced in September.

## Team Apparel:

Optional Team Apparel will be available. Please look for forms to be distributed at practice, to your email address and on the web site at the start of practices. The turn-around time for ordering is very fast – so don't delay!

## Parent Liaison:

There will be one "experienced" parent at each practice level who will be responsible for making sure papers/forms/information are distributed. This parent will also serve as a contact point for other parents at that practice level. Password to website SportEngine - teamunify will be supplied to each family. Please check website frequently for any changes or updates.

## E-Mail:

**Please keep in mind that information regarding the club is sent to everyone via email. It is IMPERATIVE that we have an email address that is used on a regular basis. Information is sent in WORD and Excel format. Team correspondence will be sent to the primary email for each family account so be sure to designate the email that is looked at regularly!...we just want to make sure everyone gets everything!**

## Club Contact:

Questions and Information: Webmaster - Sandra Franc francswiss@comcast.net

President/Head Coach: Sue Welsh swelshhacy@gmail.com