



HEARTLAND SUMMER SWIM LEAGUE

P.O. Box 12936 • El Cajon, CA 92022
 www.heartlandswim.org • (619) 593-9252

Begins JUNE 21st • Ends AUGUST 7th

*Heartland Swim's fantastic Summer League program is available to all swimmers **6-18 years of age** who meet the minimum swim requirement: Swim a length freestyle with side breathing and show some ability at a length of backstroke.*

SUMMER LEAGUE PROGRAM HIGHLIGHTS

- 3 one hour practices per week
- 3 Saturday Swim Meets against other Summer League teams
- All teams compete in Championship Swim Meet: Aug 6-7
- All age swimmers may register at any pool
- Heartland Summer League t-shirt and swim cap
- Incentives and Awards
- Swim Insurance

COST

- **\$180.00** for 1st swimmer. Family discount: **\$170.00** for 2nd swimmer and **\$140.00** for each additional swimmer in family
- **Early payment discount--\$10.00** less per swimmer if paid in full by June 11th. **MAIL REGISTRATION NOW!**
- Everyone should register **by mail to reserve a spot**. Pools have limited enrollment. Your confirmation will be emailed or mailed to you
- Download registration forms at www.heartlandswim.org
- Refund policy: June 21-26 full refund / June 27-July 10 less \$50 processing fee / After July 11 no refund

SUMMER LEAGUE POOLS & PRACTICE SCHEDULE

<u>POOL</u>	<u>DAYS</u>	<u>TIMES</u>
El Cajon Valley High	MWF	5:45-6:45 pm
El Capitan High	TThF	6:45-7:45 pm
Grossmont High 1	MWF	5:00-6:00 pm
Grossmont High 2 (<i>New Morning Program for 2010</i>)	MWF	8:30-9:30 am
La Mesa Municipal	MWF	3:45-4:45 pm
Montgomery Middle	TThF	6:45-7:45 pm
Santana High	M	5:15-6:15 pm
	ThF	6:45-7:45 pm
Valhalla High 1	MWF	4:45-5:45 pm
Valhalla High 2	MWF	5:45-6:45 pm
Ramona High	M-Th (for 8-12 year olds)	4:00-5:00 pm
	M-Th (for 13 and over)	5:00-6:00 pm

NEW SWIMMER SAFETY SWIM—If you are new to Heartland Summer League you must attend 1 Safety Swim;

Minimum swim requirement: Swim a length freestyle with side breathing and show some ability at a length of backstroke.

- Sunday May 16th 9:00-10:00 am @ Valhalla HS pool
- Sunday May 23rd 9:00-10:00 am @ Grossmont HS pool
- 9:00-10:00 am @ Grossmont HS pool
- Saturday June 5th 9:00-10:00 am @ Grossmont HS pool
- 10:30-11:00 am @ El Cajon Valley HS pool
- Monday June 7th 4:30-6:00 pm @ Grossmont HS pool
- Ramona new swimmers email: jolyny@heartlandswim.org

*****See reverse of flyer for Meet Dates and Team Colors*****

ADDITIONAL PRE-SEASON PROGRAM

- Re-entry level program for swimmers to touch-up basic swimming skills
- Seven one hour practices: **June 7th – June 16th 4:00-5:00 pm**, 1st week MTWTh, 2nd week MTW
- **\$65.00** per swimmer
- Program available at either El Cajon Valley High School or Grossmont High School pools
- LIMITED ENROLLMENT. Register early by mail. Confirmation will be emailed or mailed to you
- For information regarding Ramona preseason program email: jolyny@heartlandswim.org

THE SCHOOL DISTRICT DOES NOT SUPPORT, SPONSOR, SUPERVISE, OR ENDORSE THIS ACTIVITY, EVENT, OR INFORMATION

Heartland Summer League Swim Meet Dates

All teams compete in 3 Swim Meets throughout the summer plus the final Championship Meet. All meets are held at El Cajon Valley HS pool, Grossmont HS pool, and Santana HS pool.

Your team will swim 3 out of 4 of these dates:

Saturday, July 10th

Saturday July 17th

Saturday July 24th

Saturday July 31st

All-Team Championship Meet will be held at El Cajon Valley High School
Friday and Saturday, August 6 and 7
Please check website for exact meet dates.

Heartland Summer League Team Colors

Swim caps will be given to each swimmer in their team color.

Each team is assigned a two-color suit.

We encourage swimmers to have a meet swimsuit in their team colors.

El Cajon Valley	Navy/Red
El Capitan	Black/Gold
Grossmont 1	Navy/Gold
Grossmont 2	Black/Maroon
La Mesa	Black/White
Montgomery	Black/Green
Ramona	Black/Blue
Santana	Black/Purple
Valhalla 1	Black/Red
Valhalla 2	Black/Orange