



HEARTLAND SUMMER SWIM LEAGUE

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

Begins JUNE 20th • Ends AUGUST 6th

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 5-6
- All age swimmers may register at any pool unless otherwise noted
- Heartland Summer League t-shirt and swim cap
- Incentives and Awards
- Swim Insurance

COST (Same as 2010!)

- **\$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 1st. **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 20-24 full refund / June 25-July 1 less \$75 processing fee / After July 1st 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 (AM)	MWF	8:30-9:30 am
Grossmont High 2 (PM)	MWF	5:00-6:00 pm
La Mesa Municipal 1 (Ages 6-12)	MWF	3:45-4:45 pm
La Mesa Municipal 2 (Ages 6-18)	MWF	4:45-5:45 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 15th 9:00-10:00 am @ Valhalla HS pool
- Sunday May 22nd 9:00-10:00 am @ Grossmont HS pool
- 9:00-10:00 am @ Grossmont HS pool
- Saturday June 4th 9:00-10:00 am @ Grossmont HS pool
- 10:30-11:00 am @ El Cajon Valley HS pool
- Sunday June 5th 4:30-6:00 pm @ Grossmont HS pool
- Ramona new swimmers email Jolyn: starfish7212@aol.com
- See Website for additional days

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

ADDITIONAL PRE-SEASON PROGRAM

- Get a head start on our summer program by touching-up basic swimming skills
- Seven one hour practices: **June 6th – June 14th**, 1st week M-F, 2nd week MT, at Grossmont 4:00-5:00 pm, at El Cajon 3:30-4:30 pm.
- **\$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 Jolyn: starfish7212@aol.com

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, Santana HS pool, and El Capitan HS pool.

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

Saturday, July 9th

Saturday July 16th

Saturday July 23rd

Saturday July 30th

All-Team Championship Meet will be held at El Cajon Valley High School

Friday and Saturday, August 5 and 6

Please check website for exact meet times.

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 AM	Black/Royal
Grossmont 2 PM	Royal/Gold
La Mesa 1 & 2	Royal/White
Montgomery	Black/Green
Ramona	Black/Red
Santana	Black/Purple
Valhalla 1	Navy/White
Valhalla 2	Navy/Gold

Register early! Paid registrations received by May 20th will be entered into a drawing for a free week of Watersports Camp with Mission Bay Aquatic Center. <http://www.watersportscamp.com/>

THIS EVENT/ACTIVITY IS NOT DISTRICT-SPONSORED