

Heartland Swimming Association Post-CIF Special

FREE Trial Week- June 1st-5th

Post-CIF Special:

June 8th - September 7th

Monday - Friday

Grossmont High School Pool

5:00 - 7:00 pm 6/1 - 6/12

3:00 - 5:00 pm 6/15 - 9/7

Times subject to minor changes

**Cost: \$235 payable to HSA
plus \$32 payable to SDI (San Diego Imperial Swimming)
for USA Swim Card (good through 9/13/2009).**

If registering for the first time with USA Swimming athlete must provide original or certified copy of birth certificate for proof of age upon registration.

Birth certificate will be returned to you. You must submit SDI payment and application to their office, either by mail or in person.

**Total Cost \$267 for up to 140 hours of
coaching/training- what a deal!**

Championships are won in the off-season, don't waste yours! Train with Heartland Swim at Grossmont High School.

**Register one of two ways—mail in application and fee or register first day on June 1st @ Grossmont Pool 5:00 pm
Flyer, Application, and USA Swim application are all available
on website: www.heartlandswim.org**

Contact Heartland Swim @ Rebecca.gray@heartlandswim.org
or 619-593-9252 for more information

Heartland Swim Association
PO Box 12936 • El Cajon, CA 92022