



PRE-CIF SWIM SPECIAL

FREE preview days: Monday - Wednesday, November 21-23, 2:30 - 4:30 pm

For: All High School Swimmers

Re: **PRE-CIF SEASON SPECIAL**

\$250.00 for Special (payable to Heartland Swim)

\$58.00 for USA Swimming Card (payable to SDI) **Requirement to swim**

(If registering for the first time with USA Swimming athlete must provide original or certified copy of birth certificate or passport for proof of age to SDI Swimming upon registration. Birth certificate will be returned to you. See Coach Doug for details.)

Option: \$120.00 Monthly dues for Senior Development or \$145.00 for Senior Team

When: **Wednesday, November 30, 2011 - February 17, 2012**

Monday through Friday evenings--Times and days may vary due to school activities (i.e. waterpolo)

Time: 5:30 pm – 7:30 pm

Dry land on most days, bring shoes.

FREE preview days: Monday - Wednesday, November 21-23, 2:30 - 4:30 pm

Where: Grossmont High School pool

Refund Policy: November 30-December 2 full refund. (first week)

December 5-9 less \$75 processing fee. (second week)

After December 9th no refund.

Congratulations on your decision to join your High School Swim Team for the 2012 swim season. High School sports are becoming more and more competitive. To give you the extra 'edge' that you need to be a successful competitor, Heartland is once again offering a chance for you to get yourself into shape, improve your swimming skills and obtain the best advantage for your High School season. Our coaches help swimmers to improve strokes, starts, turns and endurance. You will also get the opportunity to compete in up to four swim meets -- a vital key in becoming a successful competitor.

All levels of swimming ability are welcome and encouraged.

For more information contact our office in November at (619) 593-9252 x 1 or visit our website at: www.heartlandswim.org