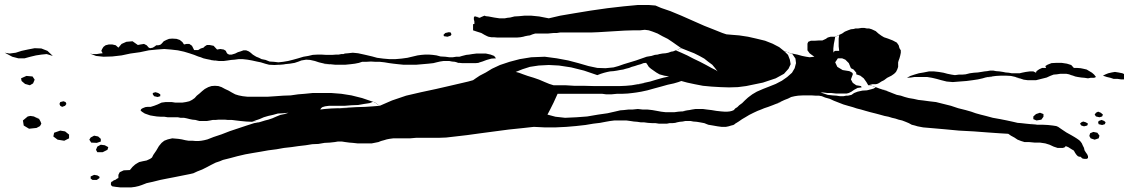


FOREST HILLS SWIM CLUB



Dear Forest Hills Member:

It is hard to believe that pool season is almost here with the snow we are having. We are looking forward to the season just to get some warmer weather and melt the snow. We would like to thank everyone for joining Forest Hills in the past because we realize that there are other pools available. Your support allows us to continue to upgrade the facilities. We are looking forward to your support this year.

In 2010, we are excited because the majority of our experienced staff is returning. Erik will be leading our pool staff. Lucy has agreed to lead our coaching staff. There are a lot of old guards that plan to return and some new guards who are getting trained now. Most of the new guards you will know because they are Forest Hill members. We are pleased that everyone can return. An experienced and trained staff helps make for a safe and successful pool year and that makes Forest Hills the best pool around.

We will be continuing our activities to upgrade your pool facilities. We are committed to always improving the club each year. Your comments are an important part of this process, and we encourage your input. Forest Hills is your Swim Club and your suggestions are **important**.

Our swim team is hard at work planning and coordinating with the other pools and the Roanoke Valley Aquatic Association (RVAA) concerning swim meets, city/county championships as well as organizing for splash nights, ice cream parties and other fun-filled activities to make for a successful year. With Lucy's leadership and our returning coaches we will have the finest coaching staff in the valley. We only need swimmers and your support to have a great swim team season. Stephen Mctigue has agreed to manage the swim team so please help him out and volunteer to work the jobs necessary to run a swim team and swim meets. **A handful of people can not do it all.** If everyone will do a little then it is not a huge burden on one person.

The swim team kicks off with tune-ups on May 16th at 2:15 at the Gator Center. The enclosed green sheet has the swim team application on one side and other swim team information on the opposite side. Please come out and show your support for the "Oscars", by participating with the team.

The pool will open May 29 and follow the Roanoke County School Schedule. The normal pool hours once school is out will be Monday through Saturday 11:00 a.m. to 8:00 p.m. and Sunday 1:00 p.m. to 8:00 p.m. There will be postings and/or calendars with other dates and activities including swim meets at the front desk during the pool season. The website will contain all the pool and swim team information and updates during the summer. The address is **foresthillsswimclub.com**. The website will contain all the forms and information you may need. The pool and the office number is 540-776-8501. The pool fees and swim team fees will be the same as last year.

You will be asked to sign-in at the front desk when you enter.

Thank you for the past support. Remember the 2010 swim season is just around the corner, ***so make your plans to join the Club Now. The back of this yellow sheet has the membership application.*** The pink referral rebate sheet is for members who refer new families to the pool.

Forest Hills Swim Club P.O. Box 1425 Salem VA 24153
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