

FOREST HILLS SWIM TEAM INVITES YOU TO JOIN THE 2010 OSCARS!

What you receive:

Great summer fun and activities for the entire family
Personal attention from the best coaches in the valley
Swim meets on six consecutive Monday nights beginning in June
The opportunity to improve your swim skills
The opportunity to swim in the City/County Championship meet

MAIL REGISTRATION & FEES TO:

Denise Baumann
2744 White Pelican Lane

Roanoke, VA 24018

Phone: 540-776-8501

Email: Englishmum77@aol.com

Benefits:

Make new friends and renew old friendships
Ice cream socials after home meets
Potluck dinners, pizza parties,
Splash Night fun and more

Requirements:

Age 5 to 105 years old
Can swim length of the pool
Like to have fun and try your best

Must be a member of Forest Hills Pool

Important additional information:

- Each family is asked to support the team by volunteering to help run the meets, be supportive spectators, provide food for our potluck meals, and offer support to our coaches. There are lots of opportunities to be involved.
- **There will be an informational and registration meeting at the Gator Aquatic Center on Sunday, May 16 at 2:30.**
- The team newsletter will be available at the meeting with dates of upcoming activities, so please plan to attend.
- **If you have any questions about the swim team, please call the pool at 776-8501 or Stephen McTigue at 725-7620.**
- 2010 Swimsuits and T-shirts can be order/purchased at the spring tune-ups. Suits are not required, but are encouraged.
- **We ask that you join RVAA only if you commit to swimming at least two of the six meets.**
- Please complete the team registration form for the tune-up even if you are not paying the team registration at this time.
Swim team fees and forms can be mailed to the address in the box at the top right of this page.
- **Full refund of swim team fees and RVAA fees before May 21. No refunds after May 21. No refunds for the Spring Tune-ups.**
- City/County Championship will be July 23 and 24 at the Salem YMCA...Other meets will be on Monday nights June 7, 14, 21, 28, July 6, 12 the schedule has not been published so home meets have not been determined.

Forest Hills Swim Team Fees

\$50 - one swimmer

\$70 - two swimmers

\$80 - three or more swimmers/family

\$10 - adult swimmers

Plus \$12.00 RVAA dues per swimmer

Fees help to pay coaches, offset party expenses, meet expenses, purchase awards, supplies, and equipment needed for practice and meets. You may include the RVAA dues with your team registration if you pay by May 21. If registering after this date, the RVAA dues are increased by \$5.00 and turned in each Monday night. See RVAA newsletter for details at www.swimrvaa.com.

Look for information to follow by email. Information is also posted at <http://www.foresthillsswimclub.com>.

Spring Tune-up

May 15, 16, 22, 23

2:15-3:45pm @ the Gator Aquatic Center

Six and under will end at 3:15pm

\$20 first swimmer/\$10 each additional family member

Registration for the Spring Tune-up is May 15 @ the 1st Tune-up.

Swim Team Registration forms & Tune-ups may be mailed to Denise Baumann or they may be turned in at one of the Spring Tune Up sessions