

# FOREST HILLS SWIM TEAM INVITES YOU TO JOIN THE 2018 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  
Pool Number (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 scheduled at a later date.**
- **If you have any questions about the swim team, please call the pool at 776-8501 or Rebecca Muzzy at 537-1117 [rebeccamuzzy@gmail.com](mailto:rebeccamuzzy@gmail.com).** Swimsuits and T-shirts can be ordered/purchased on-line as in the past. If you need additional information you may contact Rebecca Muzzy at the above address. 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. Swim team fees and forms can be mailed to the address in the box at the top right of this page.
- City/County Championship will be July 20 and 21 at the Christiansburg Aquatic Center. Other meets will be on Monday nights: June 4, 11, 18, 25, July 2, 9. We are presently hosting the last four meets.

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### *Forest Hills Swim Team Fees*

**\$50 - one swimmer**

**\$70 - two swimmers**

**\$80 - three or more swimmers/family**

**\$10 - adult swimmers**

Fees help to pay coaches, offset party expenses, meet expenses, purchase awards, supplies, and equipment needed for practice and meets.

**YOU MUST REGISTER ONLINE FOR THE RVAA THRU THEIR WEBSITE.** See the RVAA newsletter for all the details. It will be available in the middle of March at [www.swimrvaa.com](http://www.swimrvaa.com).

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