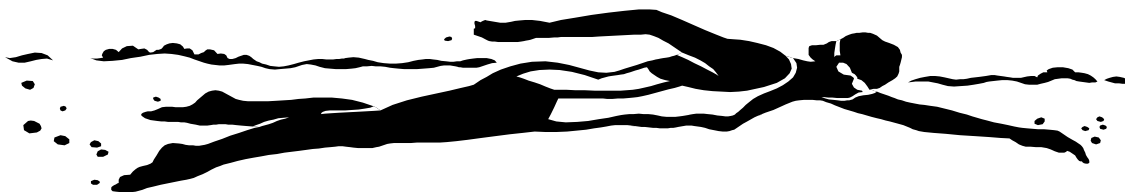


# FOREST HILLS SWIM CLUB



**POOL SEASON IS HERE!!!!!!**

**WE ARE LOOKING FORWARD TO HAVING YOU BACK THIS YEAR.**

In 2023, most of our experienced staff is returning plus some new faces. Erik will be leading our pool staff.

Our swim team is at work planning and coordinating with the other pools and the Roanoke Valley Aquatic Association (RVAA) concerning swim meets and the city/county championship. There will be six Monday night meets and a City/County Championship in middle to late July time frame. The schedule will be posted once RVAA provides it. **We want to encourage all members to come out and participate with our swim team.** Erik Largen will be leading our coaching staff.

Information including the swim team application and pool rebate form will be posted to our website by March 31, 2023. Our website is **foresthillsswimclub.com**, also the RVAA website (**swimrvaa.com**) will have important information concerning swim team. We will close at 3pm for home swim meets. This may change if the weather does not cooperate.

The pool will open May 27, 2023 and close September 4, 2023. The normal pool hours are Monday thru Saturday 11:00 a.m. to 8:00pm and Sunday 1:00 p.m. to 8:00 p.m. Early in the season and late in the season with the changing of the school schedule we may alter those hours. We will notify members in advance with any change thru **FACEBOOK, FOREST HILLS WEBSITE AND POSTINGS AT THE POOL.** The website and FACEBOOK will contain all the pool and swim team information as well as updates that may take place. The address is **foresthillsswimclub.com**. The website will contain all the forms and information you may need. The pool and the office number: (540) 776-8501. Remember before the season opens no one will be at this number. **Please leave message or contact us at mlynch1423@aol.com. Members will be asked to sign-in at the front desk when you enter as in the past.**

Thank you for your support. Remember the 2023 swim season is just around the corner, *so make your plans to join the Club NOW to receive your \$40 discount. The back of this letter has the membership application.*

**Forest Hills Swim Club P.O. Box 1425 Salem VA 24153**  
**Phone: Mark Lynch 776-8501 or EMAIL MLYNCH1423@AOL.COM**