

# FOREST HILLS SWIM TEAM INVITES YOU TO JOIN THE 2009 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: 540-776-0667

## 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

## 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, April 26 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.**
- 2009 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 19. No refunds after May 19. No refunds for the Spring Tune-up.**
- City/County Championship will be July 24 and 25 at the Salem YMCA...Other meets will be on Monday nights June 8, 15, 22, 29, July 6, 13 the schedule has not been published so home meets have not been determined.

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## *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 19. If registering after this date, the RVAA dues must be sent directly to the RVAA. See RVAA newsletter for details or on the internet at [www.swimrvaa.com](http://www.swimrvaa.com).

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

### Spring Tune-up

April 26; May 2, 3, 9, 16, 17  
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 deadline for the Spring Tune-up is April 26

Registration forms can be turned in at any of the Spring Tune Up sessions