

HOLLIN MEADOWS WINTER SWIM 2023-2024

Our winter swim program for 2023-2024 will be held at **George Washington Rec Center – 8426 Old Mt Vernon Rd, Alexandria, VA 22309** on Sunday evenings, from 6:00 to 7:00 p.m. We will swim on the following Sundays.

Sundays from 6:00 – 7:00 p.m. at Lee District Rec Center

Sept 10, 17, 24

Oct 1, 8, 15, 22, 29

Nov 5, 12, 19 (Nov 26th – Happy Thanksgiving! – No swim!)

Dec 3, 10, 17 (Dec 24th and 31st – Happy Holidays – No swim!)

Jan 7, 14, 21, 28

Feb 4, 18, 25 (Feb 11th – Super Bowl Sunday – No Swim!)

Mar 3, 10, 17, 24 (March 31st – Easter – No Swim!)

Apr 7, 14, 21, 28

May 5, 12, 19

Our program will emphasize improvement in stroke technique and racing components such as starts, turns, and finishes.

All participants must be members of HMSTC. Registration priority will be given to current swim team members if you register by August 31, 2023

Our sessions are appropriate for anyone who competed for the Barracudas this past summer, as well as swimmers who are interested in competing for the team next season. **NOTE:** If you did winter swim in the past and have not joined the summer program following the winter session– you will need to be evaluated. **Your child must be able to swim 25 yards.**

Our fees for the program are \$225 for 1 swimmer, 2nd swimmer in a family \$215 and 3rd swimmer in a family \$205

To register, please fill out the attached form and return to Lauren Iannitto with your payment (checks made payable to HM Swim Team) by August 31, 2023.

My address is 7616 Range Rd, Alexandria, VA 22306 – Someone is always home!
Any questions - please call me at 202-669-8739.

Hollin Meadows Winter Swim Registration 2023-2024
At George Washington Rec Center, Sundays 6:00 – 7:00 PM

Parents' Names: _____

Swimmer(s) names and ages:

1. _____

2. _____

3. _____

4. _____

Email Address (please include all emails you wish to have notices sent to and write clearly)

Primary Phone _____

Other phone numbers where you may be reached on Sundays, in case of closings, emergencies, etc.

I understand that this activity is not covered by any insurance provided by HMSTC or HM swim team, and that I am responsible for providing coverage for my child(ren.)

PER OUR CONTRACT WITH THE COUNTY - Children cannot arrive at the pool before 5:50 pm. Swimmers cannot enter the water without coach supervision and then only in assigned space at assigned time. They are not permitted to be in the pool prior to 6:00 PM. Only the participants in the program can be in the water. Swimmers and others waiting in the facility are expected to abide by the facility and pool rules. Please be at the rec center promptly at 7:00 PM to pick up your children.

Signature of parent or guardian _____

Please return form to Lauren Iannitto with check payable to **HM Swim Team**.
Lauren Iannitto – 7616 Range Rd, Alexandria VA 22306