



**HEARTLAND SWIM
2021 SUMMER LEAGUE PROGRAM
JUNE 21-AUGUST 7 AGES 7-14
COST \$230**

Due to State, County, and School District guidelines and regulations we are opening registration for our Summer League program this year with limited enrollment. Additional spots may be added if restrictions loosen.

- Three 75-minute practices per week
- Heartland Summer League t-shirt and swim cap
- Awards and Swim Insurance
- Three Saturday Swim Meets against other Summer League Teams
- All teams compete in Championship Swim Meet: August 6 & 7

SUMMER LEAGUE POOLS & PRACTICE SCHEDULE

<i>POOL</i>	<i>DAYS</i>	<i>TIMES</i>	<i>POOL</i>	<i>DAYS</i>	<i>TIMES</i>
Grossmont 1 AM	M/W/F	7:45-9 am	Montgomery AM	M/W/F	8-9:15 am
Grossmont 2 PM	M/W/F	5:00-6:15 pm	Santana PM	T/Th/F	6:45-8 pm
Helix 1 Afternoon	M/W/F	3:30-4:45 pm	Steele Canyon PM	M/W/F	5:45-7 pm
Helix 2 PM	M/W/F	6:00-7:15 pm	Valhalla Afternoon	M/W/F	3:45-5 pm

SUMMER LEAGUE PRICING

\$230 for first swimmer. Family discount: \$220 for second swimmer and \$200 for each additional swimmer in family.

Early payment discount of \$10 per swimmer if paid in full by June 1.

REGISTER ONLINE NOW! Go to-

www.heartlandswim.org

and click on the Summer League link in the center of the page to register.
Pools have limited enrollment.

More information on second page...

Coaches will evaluate all swimmers at their first practice. If the coaching staff does not feel that the swimmer is prepared for our program, they will notify the parents and we will refund your fees in full.

Refund policy: Any swimmer who the coaches feel is not prepared for the program will be refunded in full. Any swimmer voluntarily leaving the program by June 27 will receive a full refund, by July 4 less a \$75 processing fee, after July 4 no refund.

For specific questions not answered on the Summer League page on the website please send your detailed question to hsa@heartlandswim.org

2021 SUMMER LEAGUE SWIM PARENT GUIDELINES

1. Parents must take swimmer's temperatures before leaving the house. Any swimmers with a temperature of over 100°F, a cough or other symptoms of COVID-19, or exposure to someone with symptoms of COVID-19 within the past 14 days, CANNOT ATTEND PRACTICE.
2. Your swimmer must come prepared to swim with swimsuit and cap already on. Swimmers and parents must wear a face mask when walking to and from the pool. Swimmers should bring a full, reusable water bottle. **Drop your swimmers off on time for practice. They may not be dropped off more than 15 minutes before practice begins.**
3. Swimmers must observe social distancing requirements and may not touch anything that is not theirs. This includes other swimmer's belongings as well as anything on the pool deck - no bleachers, no chairs, no lifeguard stand, no showers, no drinking fountains.
4. Parents may walk swimmers to gate - following social distancing, but parents MAY NOT come on deck.
5. Upon arrival swimmers will be asked by a coach if they have had a fever, cough or other possible symptoms or have been around anyone with those symptoms. If they answer "yes" they will not be allowed on the pool deck.
6. Upon entry swimmers will be directed to a spot for stretching, observing social distancing guidelines.
7. Parents must be ready to pick athletes up as soon as practice finishes. Masks must be worn by both swimmers and parents while walking to and from the pool deck. Social distancing must be observed.

2021 Summer League FAQ's

What if we go on vacation during the program? The program is designed for flexibility. Obviously, the more you practice the better you will get, but practices are not mandatory. If you are going to miss a meet or practice, just let the head coach know in writing or via email so they won't schedule the swimmer for events inappropriately. There will not be a refund for the missed time.

My swimmer is 6 and has very strong swim skills, can they join? With the current covid restrictions we try to limit the minimum age to 7, but sometimes the swimmer is very capable. The swimmer needs to be able to follow directions in a large group and compete at the meets with older swimmers. It really depends on the child and how he or she deals with the situation. Often times we hold the swimmer out of the program to make sure he or she is really ready- it tends to make for a more positive experience later.

Why is there a refund period? Heartland Swim is a true non-profit. We put all of our efforts into the programs. We base our staff and supplies on the registered applicants at the beginning of the program, so we are only able to hold the refund period open for a short time frame. Please refer to the flyer for the dates and refund period for this year.

For **swim lessons**, we highly recommend:

La Mesa Municipal Pool <http://www.cityoflamesa.com/index.aspx?NID=915>

Their phone number is 619.667.1494

I need more information, who do I contact? Please email specific questions to hsa@heartlandswim.org
-we handle all questions via email.