

## 2022 Summer League Safety Swims

If this is your first time swimming with Heartland Summer League, you must attend one Safety Swim. We recommend you test as soon as possible to give maximum time to do further preparation if you do not pass the safety swim on the first attempt.

You do not need to sign up in advance for the safety swim. Swimmers are tested first come, first served, so you will only be at the pool for as long as it takes us to test your child and anyone before you in line.

If your child has previous club or school swim team or water polo team experience, he or she does not need to come to a safety swim- please email [hsa@heartlandswim.org](mailto:hsa@heartlandswim.org) and let us know his or her previous experience so we can mark him or her off the list.

### **Safety Swims will be held:**

April 23	9:30-10:30 am	El Cajon Valley High School
May 28	9:30-10:30 am	El Cajon Valley High School
June 11	9:30-10:30 am	El Cajon Valley High School

Additional dates may be added- please check back here for more info.

### **SAFETY SWIM ADDED-**

**Thursday, June 16      7:15-7:45 PM      El Cajon Valley High School**

**What is the “Swim Test”?** The test is to determine the ability and water safety level of the swimmer. We coach only from the deck, and the swimmers need to possess basic swimming skills. The test consists of one length of the pool (25 yards) freestyle and we need the swimmer to have some knowledge of side breathing. This lap does not have to be perfect but stable, steady, and fearless. Then the swimmer is asked to swim 25 yards on their back. Again, just steady and safe are the real issues.

**What if my swimmer does not pass the test?** The coaches that do not allow the swimmer in the program have very good instincts. It may be that your swimmer is not confident, needs a refresher, or just doesn't want to do the program. Summer League is a NON-COMPETITIVE, entry-level program, and we try to take everyone that will have a positive experience. We do swim lap after lap in practice, and some younger children are just not ready for this group approach.

While we do not offer swim lessons, we highly recommend the **La Mesa Municipal Pool- <http://www.cityoflamesa.com/index.aspx?NID=915>**  
Their phone number is **619.667.1494**

**Should I register even if I am not sure my swimmer will pass the test?** Some programs fill up very fast, and pre-registering with payment will hold your spot. If your swimmer does not pass the test, we will refund your money in full.