**RSD SUMMER SWIM LEAGUE**

Rancho San Dieguito Swimming, a nationally recognized USA swimming affiliated team, is proud to offer a Summer Swim League designed for the novice swimmer, serving as a fun introduction to the world of swimming.

There are 50 spots available on a first come, first serve basis.

**Who’s Welcome to Attend?**

* Any swimmer ages 5-14 who are able to demonstrate a 50 yard freestyle unassisted and without stopping, under 2:15. Seasonal Registration through USA Swimming is required ($20).

**What you’ll learn:**

* An introduction to four competitive swim strokes
* Dives/turns/ finishes/ USA Swimming Rules and Regulations
* Advanced stretching techniques
* Team culture and values: Respect, Integrity, Leadership, Quality, Teamwork, Excellence

**RSD Summer Swim League**:

* Professionally coached by fully-certified and trained USA Swimming Coaches. You will not find a more enthusiastic, involved, and better prepared staff to work with your young swimmers!
* Optional swim meets for a chance to compete in a no-pressure, fun environment!

**Sessions**:

There will be two 3-week sessions available, with a $50 discount offered to anyone who registers and pays for both sessions upfront. Scholarships are available.

* Session 1: June 22 –July 10 **Cost: $200**
* Session 2: July 13 – July 31 **Cost: $200**
* Sessions 1 & 2: June 22-July 31 **Cost: $350**
* Practice Times: Mon, Wed, Fri 2:30-3:30 p.m.

**Location:**

Pardee Aquatics Center at the Boys & Girls Clubs of San Dieguito

533 Lomas Santa Fe Drive

Solana Beach, CA 92075

\*\*\*If you have any questions, please email Paul Mazzarelle at pmazzarelle@bgcsandieguito.org