

HIGH SCHOOL SUMMER SWIM TEAM  
(MONDAY JUNE 10-THURSDAY JULY 18)

\*Sprint Training Designed for High School Events.

\*Starts, Turns, Stroke Technique

\*Strength Training

\*Training Monday, Tuesday, Wednesday, and Thursday Afternoons 4:00-5:30 PM.

\*Swim Meets may be offered during the summer.

\*Also available to middle school students.

1. Sign-ups and practices will begin Monday June 10 at 4:00 PM.
2. No fee for Covina-Valley High School and Middle School students.
3. There will be no tryouts for the high school program; just come on Monday June 10 to begin. Must be able to swim; if not a swimmer, you can sign up for the pre-competition program (get more information on June 10).
4. If unable to attend on June 10, come any day Mon.-Thur. at 4:00 PM.

ALL ACTIVITIES WILL BE HELD AT THE POOL AT NORTHVIEW HIGH SCHOOL.

PARK IN THE STUDENT LOT ON THE CORNER OF AZUSA AND CYPRESS AVE. THE POOL IS LOCATED DIRECTLY SOUTH OF THE PARKING LOT.