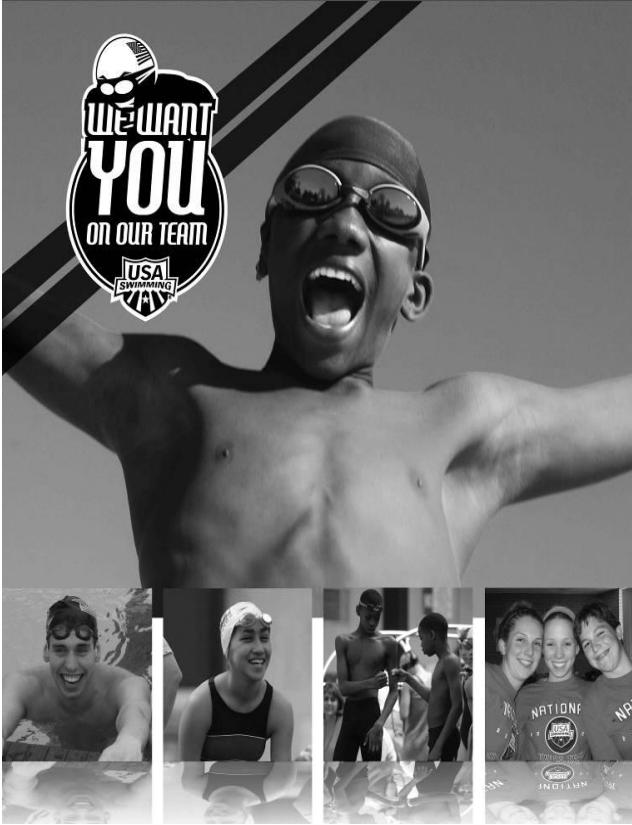


HIGH POINT SWIM CLUB



Why Should My Child Be a Swimmer with HPSC?

1. Swimming promotes fitness and teaches a child to strive for physical achievement.
2. Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
3. Swimming is relatively injury free in comparison to other youth sports.
4. Swimming motivates participants to strive for self improvement and teaches goal orientation.

While winning, setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than "it is great to swim fast". No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- ◆ Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- ◆ Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- ◆ Did the child learn more patience in overcoming obstacles, setbacks and problems?

In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime.

Call 887-4772 or email (Swim4HPSC@hotmail.com) for more information and learn how you can start developing a better tomorrow today!

Practice Schedule: (All workouts take place in our facility, The Igloo, 1705 Whitehall St, HP)
Practices start the week of August 17th, 2009. New Swimmers are welcome any time.

11-Younger

- Red Group- M-7-8PM, Tu-6:30-7:30PM, Th-6:30-7:30PM, Sat-TBA. Recommended attendance: 2-3 workouts/week
- White Group- M-6-7PM, Tu-5:30-6:30PM, Th-5:30-6:30PM, F-4:30-6PM, Sat-TBA. Recommended attendance: 3-4 workouts/week

12-Older

- Silver Group- Mon-Fri 4:30-6:00PM, Sat 8-10:30AM. Recommended attendance: 3 workouts/week.
- Gold Group- Mon-Fri 4:30-7:00PM, Sat 8-10:30AM.

FEES:

- Annual Registration of \$100 (Includes membership with USA Swimming, Cap, Team Shirts)

11-Younger

- Red Group-\$87 per month, attendance goal is 2-3 times per week.
- White Group-\$107 per month, attendance goal is 3-4 times per week.

12-Older

- Silver Group-\$127 per month, attendance goal is no more than 3 times per week.
- Gold Group-\$151 per month, attendance goal is 4 or more times per week.
- Each additional sibling will receive a 10% discount on their monthly dues. Discount is applied to the lowest group.
 - Financial assistance is available and is based on need.
 - Monthly fees allow you to take a month off if needed.

FOR MORE INFORMATION CALL 887-4772, EMAIL SWIM4HPSC@HOTMAIL.COM OR VISIT WWW.POLARBEARSWIM.ORG