

# Dominion Hills Area Recreation Association

## WINTER SWIM PROGRAM

### October 21<sup>st</sup> 2018 – May 5<sup>th</sup> 2019

#### WHO?

Open to DHARA Members, age 4 and older. All participants must be comfortable with the water, willing to swim with their face in the water, and knowledgeable of freestyle stroke mechanics.

#### WHAT?

A weekly program designed to keep the kids in the water during the winter months. The program emphasizes stroke development for younger swimmers as well as the maintenance of skills required for competitive swimming including the 4 competitive strokes, starts, and turns.

#### WHY?

**Beginners:** To develop the basic strokes and skills necessary for water safety and later possible participation on the swim team.

**Rookies:** To stay in shape and focus on stroke development during the winter season.

**Veterans:** To supplement training and workout with your teammates.

To access the [REGISTRATION FORM](#): ←Click Here

#### WHERE & WHEN?

Washington Lee High School Pool

**Lap Swimmers** – Sunday evenings from 7:30 – 8:30 pm.

**Beginner Swimmers** – (in tank) Sundays from 7:30 – 8:00 pm or 8:00-8:30 (Session preference is first come first serve). **Program runs from October 21, 2018 - May 5, 2019 (23 sessions).**

#### COST?

**Full session:** October 21, 2018 – May 5, 2019 costs **\$400 per swimmer for lap swimmers** (1-hour session) or **\$200 dollars per swimmer in the tank** (30-minute session). **Winter session:** January 13, 2019 – May 5, 2019 costs **\$240 per swimmer for lap swimmers** (1-hour session) and **\$120 per swimmer for tank swimmers** (30-minute session) (payable to Dominion Hills Area Recreation Association (D.H.A.R.A.)). Program fee is due with registration. Please write your child's first / last name in the "for" section of the check.

#### HOW?

Sign up on the electronic Registration Form and send the program fee to:

Lindsay Cronin

*Winter Swim Coordinator*

1020 N. Liberty St.

Arlington, VA 22205

***Registration Deadline is October 18, 2018***

