



Peninsula Covenant Community Center
May 23 to July 28

2007 Swim Team **Dolphins**

Boys and girls ages 5 to 18 are welcome to try out for the team. Age 10 and under children are required to swim 25 meters (1 lap) freestyle (crawl) with adequate side breathing technique. Children 11 and up must successfully complete 50 meters freestyle and will be assigned to a group according to skill level. Some children may require lessons in order to reach the basic skill level needed for the team. Lessons are available at PCCC. Contact PCA Swim School at 364-6272 or on the web at: www.pcaswimteam.com.

Sign-ups and Tryouts

Saturday, March 10 10:30–11:30am
 Saturday, April 21 10:30–11:30am
 Saturday, May 12 10:30–11:30am

Following evaluation, swimmers may sign up for a Monday/Wednesday or Tuesday/Thursday practice. A limited number of spaces are available in each level and time slot.

Early Bird Dolphins Pre-Spring Training – March 21 to May 17

Spring Training Begins

Wednesday, May 23 and Thursday, May 24
 Spring training practices are held twice a week Monday and Wednesday or Tuesday and Thursday. Practices will be after school at Sequoia High School and PCCC. There will not be practice on Memorial Day, Monday, May 28th. Spring practices will finish Thursday, June 7.

	PCCC Members	Non-Members
1st Child	\$140	1st Child \$195
2nd Child	\$130	2nd Child \$180
3rd Child	\$110	3rd Child \$145
4th Child	Free	4th Child Free

Summer Training Begins

Monday, June 11
 Summer practices are conducted at Sequoia High School and Hoover Pool. Practices are offered daily with morning and afternoon times available. Summer Championship Meet will be held Saturday, July 28.

Monday, July 30
 After the Summer Championships, stick around for "Fun in the Sun," a late summer swim and water polo program, that will run until Friday, August 17.



Youth Water Polo — Dolphin Polo is an introductory program for swimmers from 4th thru 9th grades. Practices are held in the early afternoon on Monday, Wednesday and Thursday. Information will be available in late March.

For more information on these programs and current Dolphin news please contact us at:

www.pcaswimteam.com
 650-364-6272