

UPPER COUNTY DOLPHINS

www.uppercountydolphins.com

Upper County Outdoor Pool
8211 Emory Grove Road
Gaithersburg, MD 20878
301-840-2446

Registration begins May 16th

Course #19926

Online: www.activemontgomery.org

In Person: At any MCR indoor pool or community center;
Outdoor pools during posted summer hours only

Registration and payment must be completed before attending practices.

Program Fee: \$185* per swimmer

Non-County Residents pay an additional \$15 per swimmer.

Materials and other team fees are not included in the program registration fee

DO NOT TURN IN YOUR REGISTRATION TO A COACH OR REP!

Season runs from Wednesday, June 1 – Saturday, July 23, 2016

This summer swim team program, sponsored by Montgomery County Recreation, is part of the Montgomery County Swim League (MCSL). The competitive program is for swimmers 5 - 18 years old.

The pre-season parent (informational) meeting will be held at 7:00 PM on Tuesday, May 31st, for parents of new and returning swimmers – RAIN OR SHINE! Registrations must be turned into the MCR facility, not the coaches or team representatives.

The first practice will be held on Wednesday, June 1st at the designated time. Weekday practices will be Monday through Friday evenings until the last official day of school for MCPS. During the summer, practices will be held Monday through Friday in the morning. Evening practices (Monday, Tuesday, Thursday 8:00 – 9:00 PM) will be scheduled for swimmers who cannot attend morning practice. Practice times will be announced at the pre-season parent meeting.

Swim meets for “A” level swimmers are held on Saturday mornings and swim meets for “B” level swimmers are held on Wednesday’s from mid-June through July. Details will be provided at the pre-season parent meeting.

To join, at a minimum, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. Evaluations are held the first week of practice. *We do NOT offer Pre-Team.* For those who are unable to meet the minimum requirement to be on the team each facility does offer group swim lessons. Please visit www.activemontgomery.org and search the lesson program or stop by and speak with a cashier.

Final day to register or request a refund is June 30th, 2016.