



Swim Team Parents,

We had a great season, with lots of both individual success and team success. To keep the kids improving over the next nine months, it's helpful to keep them in the water to whatever degree possible. There are a variety of options out there requiring different time commitments.

Here's the rundown...

Coach Neal runs our own winter swim program, once per week, Sundays at 6:00 pm at the Herndon Community Center. We run it from October to May, and will get in about 28 sessions. Your child must be able to swim the length of the pool to be in this program. (the program is not finalized yet for this year, so times and dates are still tentative)

For the youngest crowd, including Waterspouts, there are several options.

- I keep hearing good things about the Potomac Swim School in Ashburn. Like the Tom Dolan school, they have a facility specifically designed for teaching young kids to swim. More info at www.potomacswimschool.com
- The learn-to-swim facility in the shopping center by Wegman's, next to Petco, formerly named the Carlile school is now the Tom Dolan Swim School, www.tomdolanswimschool.com. As the name implies, it is run by Tom Dolan, a local and well-known former Olympian. They have an organized and structured approach, with well-trained instructors. Their facility is built specifically for teaching swimming, not recreation.
- There is scheduled to be a new Kids First swim school in between Giant and Sweet Frogs. I don't have an opening date for them, but you can get more info at www.kidsfirstswimschools.com.
- There's another school in Sterling named Parrotfish Swim School. I haven't checked this place out myself, but their website looks interesting: www.parrotfishswimschool.com.
- We also have our old standby, the Herndon Community Center. They have a wide variety of times and levels available throughout the year. Our own Lisa Fagan is an instructor there, and she is also available for private lessons.

For those of you looking to make a bigger commitment to your child's swimming development, there are a variety of private swim clubs:

- CUBU Swim Club - Formerly known as Curl-Burke, the big daddy of swim clubs. Most of their programs practice at the Tyson's facility, but they also have sessions at Claude-Moore in Sterling. www.cubu.org
- Snow - The largest club in Loudoun, they practice in Leesburg and at Claude-Moore. www.snowswimming.org
- HACC - This is our local club that practices at the Herndon Community Center. www.swimhacc.org
- York - Another one of the larger clubs in Northern VA. www.yorkswim.com
- Machine Aquatics- Another one of the larger clubs in Northern VA. www.machineaquatics.com