For decades, parents have turned to Park Authority RECen-
ters to teach their children lifesaving swimming and water safety skills. Now, students age 6 to 14 who
become proficient at swimming have a new way to test
their skills and have fun at the same time – Fairfax County
Park Authority Summer Swim Teams.

“Swimming is a wonderful, lifelong leisure activity and our new sum-
mer swim teams are a great way for kids to reinforce what they’ve learned, get some
exercise and have fun,” said team coordinator Betty Cook, a Park Authority swim and life-
guard instructor with more than 20 years of experience. “We want kids to experience friendly
competition and have fun while trying out their new skills.”

The summer swim team season runs from early June through July and teams are led by USA
Swimming certified coaches. Cook says practices are held three times per week in the evenings
while school is in session, and then move to the mornings once school closes for the summer. Swim
team members get to test their skills in five Friday-evening swim meets throughout the summer, and
each team will have its own social event. The entire league will be invited to a season-ending celebra-
tion at the Water Mine. Cook says there are a couple of other benefits to joining a Park Authority swim
team.

“Our practices and competitions take place at RECenter pools, so no sun-
screen is needed,” she said. “Plus, swim team members who are enrolled
in summer camps at their team RECenter will be personally escorted by
staff members to camp after practices.”

This is the first year Park Authority RECen
ters have offered swim
teams, and each team will be limited to 20 participants, so swim-
mers are encouraged to register early. The only skill require-
ments are that participants must be able to swim the length
of the pool on their front and back and be able to follow
directions.

For swim team registration information, see the listing in the
Aquatics section or call the RECenter of your choice.
Contact information is listed on page 11.