

Introducing RECenter Swim Teams!



For decades, parents have turned to Park Authority RECenters 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 summer 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 celebration 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 sunscreen 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 RECenters have offered swim teams, and each team will be limited to 20 participants, so swimmers are encouraged to register early. The only skill requirements 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.



RECenter Membership SALE!



Here’s an incentive designed to help you get moving and keep moving in the New Year! Now through Feb. 14, save 15% on 4- and 12-month RECenter memberships and enjoy all the benefits: fitness rooms, pools and spas, racquetball and basketball courts, drop-in group fitness classes and more! Plus – new members qualify for the new GetFit program which includes three coaching sessions, a body composition analysis and RECenter Rewards. Best of all, RECenter membership makes working out convenient because it gives you access to all nine RECenters at no extra charge! Purchase memberships at your favorite RECenter or online: www.fairfaxcounty.gov/parks/passes. For details about the GetFit program, see the fitness director at your local RECenter.