

Sunrise Sharks

Swim Team

The Sunrise Sharks Recreational Swim Team is open to ages 4-18 years. It is a great way to stay cool this summer, keep the kids in shape and make new friends! Swim meets will be held on Saturday's in June - July. Championships are held at the end of July. Each swimmer/family will be required to participate in team-sponsored fundraising (\$40 per family). Parents must volunteer at least one shift for 4 dual meets and/or time trials plus 2 shifts during championships. The registration fee also includes the mandatory \$10 NorCal League Swimmer Fee.

Pre-requisites:

- *Participant must be able to swim 25 yards of freestyle independently.
- *Provide copy of birth certificate at try-outs.
- *Participant must be 4 years old by April 10, 2012



CODE:	6301.201	
FEE:	\$180 per child \$160 per each additional sibling	
LOCATION:	Rusch Pool	
SPRING PRACTICES:	April 10 - June 8	
6 & Under / 7-8	Mon - Fri	6:30-7:15pm
9-10 / 11-12	Mon - Fri	7:15-8:15pm
13-14 / 15-18	Mon - Fri	8:15-9:30pm
SUMMER PRACTICES:	June 11 - July 27	
10 & under	Mon/Wed/Fri	8:30-9:15am
11 & up	Mon/Wed/Fri	7:30-8:30am
6 & Under / 7-8	Mon - Thur	6:30-7:15pm
9-10 / 11-12	Mon - Thur	7:15-8:15pm
13-14 / 15-18	Mon - Thur	8:15-9:30pm

TRYOUTS FOR NEW SWIMMERS
 Location: Rusch Park Pool

- Saturday, March 24 9:00am
- Monday, April 9 6:00pm

Sunrise Recreation & Park District

7801 Auburn Blvd.
 Citrus Heights, CA 95610
 (916) 725-1585
 www.sunriseparks.com

Register on-line or walk-in at District Office
 Mon - Thur 8:00am - 6:30pm
 Fri - 8:00am - 5:00pm



Visit
www.sunrisesharks.com
 for more information

