



Hampton Hammerheads

Recreational Summer Youth Swim League

The Hampton Hammerheads summer league swim team will participate as a member of the North Hills Summer Swim League with meets held weekday evenings. Although no prior competitive swimming experience is necessary, participants must be able to continuously swim at least one length of the pool freestyle (this is not a learn-to-swim program).

Team registration requires the purchase of a 2022 Hampton Community Pool season pass (family or individual pass).

- AGES:** 6-17 (must be able to swim one length of the pool)
- DATES:** June 10-July 11 (plus possible championship meets July 12-15)
- PRACTICES:** Mondays & Fridays, 7:15-7:45pm (younger age groups) or 7:55 – 8:45pm (older)
- MEETS:** Dual Meets Tuesdays & Thursdays, beginning June 14 through July 7
Championship Meets June 12 & 14
- LOCATION:** Practices-Hampton Community Park Pool
Away meets require travel to pools throughout the North Hills
- LEAGUE WEBSITE:** <https://nhssl.swimtopia.com/>
- FEE:** \$50 / Resident plus season pool pass
\$80 / Non-resident plus season pool pass
- DEADLINE:** Friday, May 27
- Max:** 125

An informational parent meeting will be held prior to the first practice on Friday, June 10. All team members receive a team t-shirt and swim cap. A team swimming suit will be offered at an additional expense, but is not required. Please contact Head Coach Tilly Sheets for team information at tillysheets31@gmail.com.

For registration or pool pass information, please contact DCS Program Supervisor/Aquatic Manager, Bill Ryder, at 412-487-7870 x1316 or bill.ryder@hampton-pa.org