



MONTOUR HEIGHTS
COUNTRY CLUB

**Saturday invites for fun, casual,
competitive, swimming experiences
including SKWIM Scrimmages!**

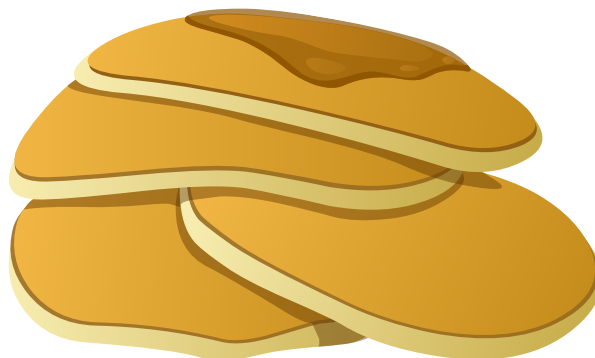
Summer is not over until we say its over!

**Come out from 9 to 11 am on Saturdays,
just once or for the rest of the summer.**

RSVPS so we know how many pancakes to prepare!

Space is limited. Only \$10 per person with money back guarantee!

More details and sign-ups: <https://MHCC.ISCA.blue>



Agenda: Volunteers can check-in & set-up at 8:30 am. All others have an arrival at 9 am. Breakfast provided (coffee, juice, pancakes, toppings) at 10 am. Activities conclude by 11 am with with a SKWIM game.
No relays, no scoring, deck seeding, no awards.

Focused Activity Calendar:

Sat, July 22: Barefoot Biathlons (swim + run + swim)
Sat, July 29: USRPT (Ultra Short Race Pace Training)
Sat, August 5: T-30 (endurance swim for 30-minutes)
Sat, August 12: All ages, no freestyle meet (25s & 50s)
Sat, August 19: Chess games (& underwater Chess)
Sat, August 26: Mental Skills for Young Athletes (part 1)
Sat, September 2: Kicking & Fin Swim Time Trials

RSVP by individual or team to Coach Mark, 412-298-3432.

More details explained and sign-ups in advance at <https://MHCC.ISCA.blue>.

Weather permitting, of course.

***Bonus news:* Teen and adult water polo clinics and scrimmages, 9 to 11 am on Sundays at Allegheny County's Settler's Cabin Wave Pool's deep-water diving well.**

More info on MHCC.ISCA.blue and Pittsburgh Renegades Water Polo. Payment form coming to the Allegheny County Parks web page soon.

