

News from: **Oakland Parks, Recreation & Youth Development**

FOR IMMEDIATE RELEASE

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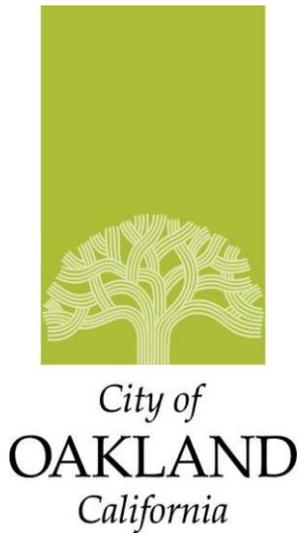
OPRYD's Summer Swim League Championship

Oakland, Calif. – Oakland Parks, Recreation & Youth Development (OPRYD) is excited to host the Summer Swim League Championship this weekend at Castlemont High School Pool, located at 8601 MacArthur Boulevard. Over 400 children and youth ages 6 – 18 have been training daily and competing every Saturday all summer long. On Saturday, August 11 all swimmers will compete in qualifying heats from 8:30 a.m. until 1:30 p.m. Top swimmers from Saturday's meet will advance to the finals on Sunday, August 12 from 8:30 a.m. until 2:30 p.m. In addition, you do not want to miss out the annual tradition where parents and coaches compete in relays during the Sunday intermission!

A beautiful reflection of Oakland's diversity, the swim league includes representation from dozens of communities and ethnic backgrounds across Oakland. Coaches, competitors, and parents have built community through being part of a recreation-based team environment that cheers and celebrates together as a city. The OPRYD Swim Team is an 8-week long program that train five days a week and compete on weekends. The swim league consists of four teams hosted at OPRYD pools. The competing OPRYD teams include, deFremery Pool's Westside Sea Dragons, Temescal Pool's Tidal Waves, Lions Pool's Lions, and Fremont Pool.

Many OPRYD swim programs have been made possible in part to generous donations made by organizations and individuals such as the Oakland Parks & Recreation Foundation. For more information on the OPRYD Swim League Championship, how to donate or OPRYD's other programs and events, please visit www.oaklandnet.com/parks.

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Media Contact:

Dana Riley
Oakland Parks, Recreation &
Youth Development
510-238-6495
driley@oaklandnet.com

