

News from: **Oakland Parks & Recreation**

FOR IMMEDIATE RELEASE

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OPR's Summer Swim League Championship

Oakland, Calif. – Oakland Parks & Recreation (OPR) is excited to host the Summer Swim League Championship this upcoming weekend at Castlemont High School Pool, located at 8601 MacArthur Boulevard. Over 400 children and youth, ages 5 to 18, have been training daily and competing every Saturday all summer long. On Saturday, August 15, all swimmers will compete in qualifying heats from 8:00 a.m. until 3:00 p.m. Top swimmers from Saturday's meet will advance to the finals on Sunday, August 16, from 8:00 a.m. until 3:00 p.m. The coach vs. parent relay, an Oakland tradition, takes place mid-day on Sunday.

“If you haven't heard yet, the OPR Summer Swim League Championships are this weekend,” said Gilbert Gong, Center Director of Lincoln Square Recreation Center (LSRC). “I want to personally invite you all to what I proudly claim as one of the best youth programs OPR has to offer!”

A beautiful reflection of Oakland's diversity, the swim league includes youth of varied ethnic backgrounds from dozens of neighborhoods throughout the city. 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 OPR Swim Team is an eight-week long program. Swimmers train five days a week and compete on weekends. The swim league consists of four teams hosted at OPR pools and one team from the Oakland Hills Tennis Club. The competing OPR teams include deFremery Pool's Westside Sea Dragons, Temescal Pool's Tidal Waves, Lions Pool's Lions and Fremont Pool's Gator Sharks.

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

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