

Joe Flaherty's Dolphins
 16512 Roundabout Dr. Gaithersburg, MD 20878
www.JFDolphins.com JoeADolphin@aol.com
 Phone: 301-916-1852 Fax: 301-916-2952

SEPTEMBER HEAD

START

REMAINING PRACTICES AS OF SEPT. 1st

FOR TEAM & ADVANCED CLINIC SWIMMERS ONLY

Hours will be consolidated based upon response, so please get this form into the office ASAP. If questions / suggestions, please call Coach Flaherty

Regular schedule at GP & QO starts the week of September 20th

GAC: RED GP: BLUE QO: GREEN MCF: MAGENTA (MCF members only)

SEPT	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	30	31	1	2	3	4	5
QO 8:00-10:00 AM							—
MCF 4:30-6:00 (MCF members only)	—		—		—		—
QO 6:00-7:00 PM							—
QO 6:30-8:00 PM							—
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6	7	8	9	10	11	12
GP 6:00-8:00 PM		—	—	—			
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	13	14	15	16	17	18	19
GP 6:00-8:00 PM		—	—	—			
QO 8:00-10:00* AM						—	—

***Call the JFD hotline in mid September to confirm Sept 18 & 19 practices at QO**

Last _____ Phone _____
 First _____ Age _____ First _____ Age _____
 First _____ Age _____ First _____ Age _____
 Date received _____ Number of practices _____ Cost per practice _____ Total _____
 Check # _____ (Credit cards increase our expenses, so please use a check)

Credit card _____ Number _____ Exp _____

Initial the appropriate blanks and mail a check ASAP.

Efficient use of pool and coaches' time is very important!

These low costs are only available if you have registered for the coming season. Friends who are prospective JFD members are free on a space available basis, but you must let us know they are coming.

Sign up by	each practice only costs
08-13	\$4
08-20	\$6
08-27	\$8
24 hours notice	\$12
drop in unregistered	\$14

DIRECTIONS TO POOLS

Quince Orchard Swim and Tennis Club

QO

16601 Roundabout Dr. Gaithersburg MD 20878 948-3116

From Seneca Highway north, heading north, turn left on Quince Orchard RD (Rt... 124). Just after the first street on your right, you may be able to see the QO pool thru the trees. (The bubble is NOT up during the summer – it is an outdoor pool)
Take a right, onto Raven Rock Dr. and turn into the parking lot.
If that lot is full, there is another lot on the north end of the property.
You may park on the pool side of the street, but not on the residential side.

GAITHERSBURG AQUATIC CENTER

GAC









2 TEACHERS WAY

From 270, take 370 to Rt 355 and head north
Right on Sumit Ave (St Martins church is on the corner)
Right on East Diamond Ave .6 miles
Left on Girard St .2
GAC is on the right, adjacent to Gaithersburg Middle School

Georgetown Preparatory School

Hanley Center Natatorium

10900 Rockville Pike North Bethesda

- | | |
|---|--|
| 6. From 270 Take exit 4A for Montrose Rd E |  0.3 mi |
| 8. Continue onto Montrose Pkwy |  0.6 mi |
| 9. Turn right at E Jefferson St |  0.1 mi |
| 10. Continue onto Executive Blvd |  0.4 mi |
| 11. Turn left at Old Georgetown Rd |  0.2 mi |
| 12. Take the 1st right onto Rockville Pike |  1.1 mi |
| 13. Turn right at Strathmore Rd |  0.2 mi |
| 14. Slight right and circle around the football field (tennis courts on your right)
The entrance is on the northeast corner of the building |  |

MANCHESTER FARM

MCF

301- 540-3657

From 270, take 118 into Germantown

Right on Clopper Rd

Right on Hopkins to 13851

Hopkins Rd

POTOMAC GLEN

PG

From Quince Orchard Swim and Tennis Club turn right onto Roundabout Rd.

Turn right onto Sioux Lane

Turn right onto Great Seneca Highway.

At the dead end, turn left onto Darnestown Rd.

Turn right onto Shady Grove Rd.

Turn left at the 4-way stop onto Cavanaugh Rd.

Turn right into the pool parking lot past the trees.

Parking is next to the pool facility, and on Cavanaugh and Deerbrooke Drives.