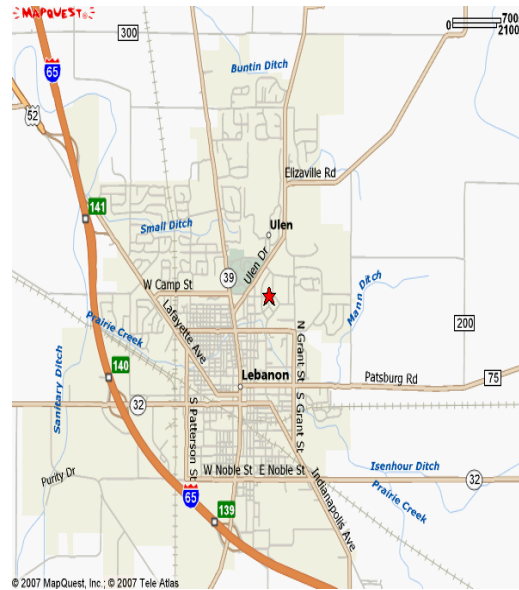


*Swimming is one of the most affordable sports for children. Come make a splash and learn skills that will last a lifetime!*

*You Don't Have to Be Great to Start, But You Have to Start to be Great!*

*For more information on joining our team contact Coach Michelle Levy at [meshellev@sbcglobal.net](mailto:meshellev@sbcglobal.net) or 317-250-7915.*



P.O. Box 103  
Lebanon, Indiana 46052  
[www.lebanonswimclub.org](http://www.lebanonswimclub.org)



Aquatic Programming  
By the Lebanon Swim  
Club

- **Semi-Private Swim Lessons at a Group Lesson Rate**  
Warm weather is just around the corner. We can help your child have a fun and safe summer by teaching them swimming skills in a private lesson!
- **Competition Swim Team**  
Sign up for the team at the high school pool during practice at 5:30-6:30 p.m.

BRING IN THIS COUPON FOR \$5  
OFF ANY LESSONS SESSION  
No expiration date, new swimmers only



## Learn to Swim Lessons

- **To ensure an optimal learning experience for your child, we guarantee a student-to-teacher ratio of no more than 2-to-1, and will often be one-on-one!**
- **Instructors trained based on American Red Cross guidelines**
- **Located at the Lebanon High School Pool located at 510 Essex Drive.**
- **Put on by Jay Anderson, three times nationally recognized by the American Swim Coaches Association as Indiana's Age Group Coach of the Year!**
- **Swimmers may register on the first day of the session, but we recommend contacting Coach Jay ahead of time to get your preferred time.**

## Saturday Swim Lessons

**SESSION 1:** Feb. 6, 13, 20, 27- \$40

**SESSION 2:** March 6, 13, 20 - \$30

**SESSION 3:** April 3, 10, 17, 24- \$40

**SESSION 4:** May 1, 8, 15, 22- \$30

**Times:** 11:10-11:40 a.m., 11:50-12:20 p.m., or 12:30-1:00 p.m.

**Registration:** Coach Jay at 317-446-4415 or [jtanderson0444@yahoo.com](mailto:jtanderson0444@yahoo.com).

## **The Lebanon Swim Club USA Swim Team**

- *Registration for the Fall-Winter season may be done anytime during the season.*
- **We have two seasons, a short course season September-March and a Spring-Summer Season.**
- **We practice approximately 5 times a week at the Lebanon High School Pool.**
- **Very Inexpensive sport  
Approximately \$1.25 per hour**
- **Programming is broken into 5 Medal Groups based on age and ability. There is a place for every swimmer regardless of ability. Below is a description of our groupings:**

**Developmental:** This group practices for one hour on Saturdays and certain weekdays. Kids learn how to complete a length of freestyle with bi-lateral side breathing. Students also will learn the proper body position, hand entry, and kicking in order to complete a length of backstroke. Once the swimmer completes a length of freestyle with side breathing and backstroke they will be able to move to the next level.

**Bronze B:** Competitive Group usually made up of 10 and Under Swimmers. Additional technique is introduced for freestyle and backstroke along with an introduction to breaststroke and butterfly. Freestyle flip turns and starts are also taught in this group. 1 hour a day, 5 days a week.

**Bronze A:** Competitive Group usually made up of advanced 8 and Unders and 9-10 year olds. Must be able to swim Breast, Free, and Backstroke legally and be able to execute starts and flip turns. Here we introduce interval training and continued emphasis on stroke technique. Backstroke flip turns, Breast/Fly turns/ IM's/ and Underwater pullouts are also taught in this group. 1 hour a day, 5 days a week.

**Silver:** Competitive Group usually made up of Middle School aged kids. 50% of practices are training and 50% are a continuation of skill building. 1-1.5 hours a day, 5 days a week.

**Gold:** Competitive Group usually made up of advanced middle schoolers with state/divisional team qualifications and high school swimmers. Practice is 2 hours a day, 5 days a week. 75% of practice is training and 25% is technical.