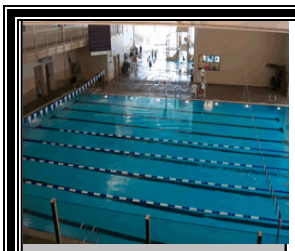

USA Swimming Team

LEHI LEGACY CENTER
USA SWIMMING TEAM
2010-2011

"The Lehi Frenzy"

This is a competitive, yet fun swim team that teaches the swimmers discipline, hard work, and team work. The team focuses on developing new swimmers into competitive swimmers and then turning competitive swimmers into champions. Swimming is also an excellent way to get and stay in shape as well as keep you healthy.

Requirements for being on the team

- Swimmers must be able to complete 50 yards (two lengths of the pool) of backstroke, 100 yards (4 lengths of the pool) of freestyle, and 25 yards of breaststroke (private swimming lessons are available if unable to complete these requirements.)
- Must have a desire to swim and improve
- Must have a current USA Swimming membership (annual $60 fee)
- **Participant must have a Legacy Center Membership**
- Must have a tryout with one of the coaches
- Parents are expected to volunteer when needed

See back of flyer for team times and descriptions.

***Tuition is due by 10th of the month.**

×QUICK FACTS

What ..... Lehi Aquatics (USA Swimming Team)
Where ..... **School Year** - Lehi Legacy Center Pool
Summer – Lehi Outdoor Pool
Start Dates ..... 1st of each month (can join late)
Days..... **SEE BACK OF FLYER**
Age ..... 8yrs to 18yrs
Time..... **SEE BACK OF FLYER**
Fees..... **SEE BACK OF FLYER**

BIRTH CERTIFICATE REQUIRED FOR REGISTRATION

REGISTRATION

Registration office Monday-Friday from 8am-6pm

INFORMATION

More information e-mail coach Shanda Palmer lehiswimcoach@gmail.com

Lehi Legacy Center
123 N Center St.
801-768-7124
www.lehi-ut.gov