

La Grande Swim Club

Join a winning team!

The La Grande Swim Club has been going strong for over 55 years! We offer many different levels of swimming to accommodate even the youngest swimmers. **Swim School** is oriented toward the development of the basics in swimming including the four strokes, turns, and starts. The **Dolphins** group is designed for the more experienced swimmer, and will expose them to coaching that becomes increasingly oriented towards conditioning, advanced training concepts, and goal setting. The **Age Group** and **Seniors** are for the advanced swimmer.

A balance between technique work and conditioning is struck by gearing the preseason to a greater degree of technique with a gradual shift to conditioning training as the season progresses. Age group and Seniors is designed for swimmers 12 and up and provides more intense training to further build endurance.

Enjoyment of the sport is emphasized, incorporating teamwork and sportsmanship at every level.

Swimming is a year-round sport for many. We are now enrolling on an ongoing monthly basis with monthly billing. You can swim year-round or swim just a few months! There are a number of swim meets throughout the year hosted by various teams, so there is always an opportunity to compete.

Why Swim?

- It is both an individual sport as well as a team sport
- Swimming builds self-esteem and a strong work ethic
- You can participate in as many meets as you choose (Most swimmers compete, but it is not required if that is not a goal for your swimmer.)
- Practice is set up to be flexible to accommodate school and family life
- It is an excellent way to stay healthy throughout your whole life
 - It can be done year round
- It provides an excellent extracurricular activity for kids of all ages
 - It will help keep your athlete conditioned for other sports

Practice Schedule

Starts Sep. 5th!

Swim School 1

Monday through Thursday
3:30 – 4:00 pm *Cost \$25/mo.

Swim School 2

Monday, Wednesday, Thursday
3:30 – 4:30 pm *Cost \$30/mo.

Dolphins

Monday through Thursday
4:30 – 5:30 pm *Cost \$35/mo.

Age Group

Monday through Friday
4:00 – 5:30 pm *Cost \$40/mo.

Seniors

Monday through Friday
4:00 – 6:00pm *Cost \$45/mo.

*A pool usage fee of \$20/month (\$50 cap for 3 or more swimmers) in addition to program fee is required.

*IES/USA Swimming Registration and Insurance is \$73.00 for the year, or \$38.00 quarterly. This cost is in addition to club fees, and is due upon registration. Our Local Swim Committee (the Inland Empire Swimming) offers a discount program for those that qualify. Proof of food stamps or reduced lunches is required, and kept strictly confidential.

* Financial Aid is now available! Contact Beth Koza (541) 910-0625 for information and applications.

Summer Schedule

June 12th-August 11th

Swim School 1	8:30-9am M-Th
Swim School 2	8-9am M W Th
Dolphins	9-10am M-Th
Age Group	9-10:30am M-F
Seniors	9-11am M-F & 4-5pm MWF

Don't miss out!

If you have questions or want to pre-register, please contact:

Beth Koza (541) 910-0625

P.O. Box 306 La Grande, OR

Head Coach

Darren Dutto

Assistant Coaches

Amanda Welch
Tatiana Ricker
Ryan Zastrow
Steve Koza

The LGSC is a 501 (c) 3 non-profit organization and is run by a Board of Directors.

As such, services continue to change and evolve as community input guides us, and our financial means allow.

Individuals wishing to participate through volunteer services or by making a contribution is encouraged to contact the current President. For questions about the workouts or coaching techniques please contact the Head Coach.

Tatiana Ricker
President

Patrick Flynn
Vice-President

Aidee Setser
Secretary

Noel Scott
Treasurer

Beth Koza
Registrar

Angela D'Antonio
Safety Coordinator

Corrine Dutto
Meet Director



La Grande Swim Club



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