

AQUATICS



YEAR-ROUND SWIM TEAM

SUMMER LEAGUE STARTS MONDAY, APRIL 28TH
SUMMER AM WORKOUTS START MONDAY, JUNE 9TH

DEVELOPMENTAL TRACK

- Stroke School (4-7)
- Mini (5-8)
- Junior (9-12)
- Senior (13+)

COMPETITIVE TRACK

- Silver (6-8)
- Gold (9-12)
- Platinum (13+)



PRACTICE TIMES MONDAY - FRIDAY

- Stroke School: 3:00pm - 3:30pm
- Mini: 3:30pm - 4:15pm
- Junior: 3:30pm - 4:30pm
- Silver: 4:15pm - 5:30pm
- Gold: 3:55pm - 5:30pm
- Senior: 5:30pm - 6:45pm
- Platinum: 5:00pm - 7:00pm



Register for the appropriate group above based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on website. Price: \$135/month + \$100 team fee. Register on our website or [click here!](#)



SUMMER SWIM LESSONS *SwimAmerica*

This summer we are offering a wonderful "Learn to Swim Program" for all ages, emphasizing the adaptation to a new environment with the goal of making the transition from "non-swimmer" to "swimmer" comfortable and enjoyable. All of our lessons are taught by gentle, qualified instructors in our heated Training Pool. We have a full-range of private, semi-private, parent/tot, adult, and group lessons available. Sign up on our [website](#) or e-mail swimlessons@lgsr.com for more info. Our sessions run weekly with the first session beginning June 9th and the last session beginning August 4th. There is no camp on Friday, July 4th.

APRIL CPR/AED CLASS

CPR can save lives. As a first-line response that can help save someone's life in an emergency, this technique aims to keep oxygen moving to vital organs, especially the brain, until the heart can beat on its own again. Sign up at the Front Desk today to get certified at LGSRC!

When: Wednesday, April 2, 2025

Next Class: Wednesday, June 4, 2025

Time: 5pm-8pm

Location: Members' Lounge

Instructor: John Rizzi, Retired Firefighter

Price: \$40 for Members & \$50 for Guests of Members.

Certification is issued upon successful completion.

