



# EAST PENNSBORO AQUATIC CLUB



## \* \* \* \* \* SWIMMING LESSONS \* \* \* \* \*

The East Pennsboro Aquatic Club (EPAC) is accepting registrations for the 2010 Spring Mini Team.

All swim programs are under the direction of EPAC Head Coach LuAnn Hetherington. She will utilize the EPAC student coaching staff to conduct the swim program. Coach Hetherington has been coaching for the past twelve years and brings extensive experience, knowledge and motivation to our team. Our student coaches also have experience with working with younger children and do an outstanding job. Coaches for the Mini Team program are adult and student coaches who are supervised by Coach Hetherington.

All swim classes will be held at the East Pennsboro Middle School Pool located in East Pennsboro Township off of Enola Drive.

**Registration** for the swim classes will be held at the Middle School Pool on **Tuesday, April 13<sup>th</sup>. from 6:00 - 7:30 p.m.** on a first-come first-serve basis. Registrations will be accepted after these dates providing space is available.

### MINI TEAM PROGRAM

This program is designed for non-swimmers and beginning swimmers ages 5 to 10 years old. The purpose of the program is not only to teach your child to swim, but also get your child excited about the sport of competitive swimming in the hope he/she will want to become a part of the EPAC Competitive Swim Team. Our program is unique in that we offer a ratio of no more than two swimmers per instructor. By giving this personal attention, we have found that the children progress very quickly and are ready to swim in a competitive "Mini Swim Meet" by the end of their lessons. Swimmers will have the opportunity to advance to the competitive swim team at the end of the mini team program.

**Note: It is important to understand that this program is a learn-to-swim program. Children, who refuse to get in the water, hang on the wall or coach or will not put their face in the water, will be asked to join the Parent and Child program or the Basic Water Safety class.**

**What You Get:** Seven lessons over a four-week session, plus a mini-meet  
Certificate of Accomplishment  
EPAC Mini Team T-shirt  
Mini Swim Meet (Ribbons Awarded)

**Cost:** \$65 per swimmer

**Lesson Schedule:** Wednesdays, April 28, May 5, 12, 19 and Saturdays, May 1, 8, 15.  
The Mini Meet will be held on Saturday, May 22<sup>nd</sup>.

<b>Ages</b>	<b>Wednesday</b>
Age 5	5:00 – 5:30 pm
Age 6	5:35 – 6:05 pm
Age 7	6:10 – 6:40 pm
Ages 8, 9, 10	6:45 – 7:15 pm

<b>Ages</b>	<b>Saturday</b>
Age 8, 9, and 10	9:00 – 9:30 am
Age 7	9:35 – 10:05 am
Age 6	10:10 – 10:40 am
Age 5	10:45 – 11:15 am

<b>Mini Meet:</b>	<b>Saturday, May 22nd</b>	
	Age 8, 9, and 10	9:00-9:40 am
	Age 7	9:45-10:25 am
	Age 6	10:30-11:10 am
	Age 5	11:15-11:55 am

## **BASIC WATER SAFETY**

This program is designed primarily for non-swimmers and beginning swimmers ages 4 to 7 years old. The focus of this program is to familiarize your child with the water and to teach basic survival skills. Among the skills to be taught are rhythmic breathing, bobbing, floating, how to use a floatation device and elementary crawl stroke and backstroke.

**What you Get:** 4 lessons in a four week session  
Certificate of Accomplishment  
½ hour session for each lesson

**Cost:** \$ 30 per swimmer

**Lesson Schedule:** **Saturdays** May 1, 8, 15, 22  
11:30 – 12:00 ( May 22- 12:05-12:35)

## **PARENT AND CHILD PROGRAM**

The Parent Tot Aquatic program is designed for children ages 6 months up to 3 years of age and their parent or other trusted adult. The focus of this program is to introduce infants and young children to the water with aquatic readiness activities. The program will also educate parents and children about aquatic hazards and ways to reduce risks through proper supervision and other safeguards. (For safety reasons, only one child per parent will be permitted in the pool for each session.)

**Cost:** \$30 for parent and child

**What You Get:** 4 lessons in a four week session

**Lesson Schedule:** **Saturdays** May 1, 8, 15, 22  
12:10-12:40 (May 22- 12:45-1:15 )