



The East Pennsboro Aquatic Club (EPAC) is currently accepting registration for the Winter 2009-2010 swimming season. School-age children from kindergarten through 12th grade are welcome.

PRACTICES: EPAC provides instruction for several levels of swimmers from beginner to advanced. All practices are held at the East Pennsboro Middle School pool from September through March. Practices are held by level Monday through Friday evenings throughout the season, and on Saturdays until meets begin.

Levels will be assigned by the coaches. They include:

Level 1 Beginner

Level 2 Intermediate Beginner

Level 3 Advanced Beginner

Junior Elite Young Advanced

Level 4 Intermediate

Level 5 Advanced

Elite Highest Level of Training, Competition and Dedication to the Sport. In addition to regular pool practices, dry-land strength training sessions are held several evenings at the Middle School for Level 4&5, Junior Elite and Elite swimmers.

FEE SCHEDULE: Full Season: (Swimmers who participate from September through March) Payment plan available for all levels.

Level 1, 2, 3	\$315 resident
	\$345 non-resident
Level Junior Elite 4, 5 and Elite	\$365 resident
	\$395 non-resident

Late Start: (Swimmers who participate in Fall sports -- begin practices in November) Payment plan available for all levels.

Level 1, 2, 3	\$225 resident
	\$255 non-resident
Level Junior Elite 4, 5 and Elite	\$260 resident
	\$290 non-resident

REGISTRATION NIGHTS: Registration will be held in the East Pennsboro Middle School (outside the pool) from 5:00pm - 7:00pm on Monday, September 14th and 5:30-7:00 on Tuesday, September 15th. Even if your child is not starting until November, please stop by during registration to sign them up.

For more information about EPAC or the sport of competitive swimming, please contact Patti Deibler, Membership Chair, at 732-2798.