



SUMMER 2021 AQUATICS!

Swim*Lessons

Private & Semi-Private Lessons

Adults – Children, ages 3 & up
Tailored to the individual need of each swimmer

Learn to swim in a warm teaching pool!

Elite level technique instruction:

Triathletes, Open-water, Competitive, and Fitness swimmers

Monday through Sunday

Based on Instructor-Swimmer availability

30 Minute Private Lessons: \$45.

**30 Minute Semi-Private Lessons (2 swimmers)
\$30. per swimmer**

Head Coach, Private Lesson, 50 Minute

Under Water Video & Coaching \$90.

Streamliners Swim Team

Year Round Swim Practice!



Learn swim racing fundamentals; develop swim stroke technique, build endurance, starts, turns, interval training and dry-land conditioning.
\$250. / Additional swimmer, \$200.

Practice Sessions:

Monday through Friday

Younger 10 & Under Swimmers

3:45-5:15pm

Older 10 & Under Swimmers

4:45-6:15pm

Saturday: ALL Streamliners together

3:45-5:15pm

Adult Streamliners



Ages 18 & up * All levels welcome!

Novice to the competitive swimmer or triathlete
*On deck coached group practices * 4 strokes technique, injury prevention, endurance swim training * Great cardiovascular fitness & club camaraderie!

Complimentary Club Programming

Practice Sessions:

Monday, Wednesday 6:00pm-7:00pm

Tuesday, Thursday, Friday 7:00am-8:00am

Tuesday 10:00am (Novice group)

Wednesday, Friday 10:00am-11:00am

Saturday 3:00pm-4:00pm



Must be a registered member of U.S. Masters Swimming:

****USMS Registration:**

<http://www.usms.org/reg/register.php?LMSCID=38&ClubPermID=2114>

STREAMLINERS (Club Code: LNRS)

For Aquatics Inquiries, please contact:

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