



# Red Lion Aquatic Club



**A recreational swim club for swimmers ages 5 - 18**

*Have a child interested in learning to swim competitively?*

Join us for a **free one week trial** to check it out!

*All ability levels are welcome!*

**When:** September 19<sup>th</sup> – February 5<sup>th</sup> \*\* Monday through Friday

(Preseason 9/19 -10/14 \*\* Regular Season 10/17 -2/5)

**Where:** Red Lion Area High School Pool

**Times:** High/Middle School 3-4:30 pm \*\* Elementary 4:30 – 5:30 pm

Times change on November 18<sup>th</sup> \*\* 5:30 – 6:30 / 7 pm

## **FAQ:**

- What is RLAC? – It's a club swim promoting the educational and athletic endeavors of Red Lion Swimming
- Weekly practice requirements? – No! Swimmers can come when they can; however, you get out of it what you put into it!
- When is your season(s)? – Two seasons a year. (Summer: April till July. Winter: September till February )
- When are meets? – Saturday mornings typically-done by noon. Occasionally there are optional Sunday invitationals.
- Are there skill requirements? – We recommend that swimmers are able to swim a continuous 25 yard (1 lap) freestyle OR completion of Red Cross Level 3 lessons
- What will my child be learning? – Swimmers will gain knowledge on all four competitive strokes (freestyle, backstroke, butterfly, breaststroke), starts, turns, and how to be a part of a team
- How do I sign up? – Email Coach Hannah below for the registration form **OR** come to the pool September 19<sup>th</sup> and give it a try! Remember, we offer one week free trial!
- Cost - \$330 (\$202 per additional child)

## **Reach Us**

Contact Coach Hannah Coligan: [LionAquaticHeadCoach@gmail.com](mailto:LionAquaticHeadCoach@gmail.com)

Check out our Facebook page: RLAC – Red Lion Aquatic Club

Scan QR Code for Registration Form

