

We are so excited that the 2023 aquatic season is almost here! In anticipation of registration opening soon, here is all the information you need to guide you through our youth programs and classes for this summer.

### TEAMS:

#### Registration

All aquatic team and lesson registration will open in eSoft on **Tuesday, March 21<sup>st</sup>, at 8:30pm**. Aquatic teams and lessons can all be found under Camps/Classes.

Based on parent feedback, the lesson schedule has been restructured for this summer. Swim and dive lesson options now include 5 day per week, 2 day per week, and single day private lesson options. A calendar for the entire summer of lessons is included below.

**For all lessons and team practices, you must attend the practice time that you sign-up for and you will not be able to drop-in or make-up missed practices at other times – no exceptions! Swim & Dive lessons cancelled due to weather are not made up.**

#### Master Aquatic Team Schedule

Week	Lesson Session	Aquatic Team Practice
June 5-9	1	Swim, Dive & Water Polo Practice begin
June 12-16	2	Swim, Dive & Water Polo Practice
June 19-23	3	Swim, Dive & Water Polo Practice
June 26-30	4	Swim, Dive & Water Polo Practice
July 3-7 *	5	Swim, Dive & Water Polo Practice
July 10 -14**	6	Conference team practice

\*No classes or team on July 4<sup>th</sup>.

\*\*July 10-14 is not a regular season week. Only conference team members practice this week.

Swim Team	Dive Team	Water Polo team
8:00 - 9:00 9 & up 9:15 - 10:15 8 & under 5:00 - 6:00 *M-Th only, all ages	8:00 – 9:00 9:15 – 10:15 *We will do our best to work around swim team practice times for Divers who do both.	5:00 - 6:00 Mixed *M-Th only

#### Swim Team Information:

Swim team at the LFC provides excellent training in a fun oriented competitive swim environment for children. It is a great way to introduce your new swimmer to the world of competitive swimming in a supportive environment or give your advanced competitive swimmer a refreshing break from their rigorous training routine. From young novice swimmers to teenaged state champs the LFC Dolphins are a home for anyone looking for a great summer team experience. Coached by Scott Gourley and his team of Junior coaches, the swimmers will tell you that our team places first in FUN!! Daily practice is encouraged, but not required to participate on the team. Swim team starts Monday June 5<sup>th</sup>. Conference will take place Saturday July 15<sup>th</sup>. Registration fee \$160 for swimmers 12 and under. Free for swimmers 13 and above as of June 1<sup>st</sup>. Please note that the last week of regular swim team practice will end on July 7<sup>th</sup>. The week of July 10<sup>th</sup> – July 14<sup>th</sup> is for those swimmers who will be participating in the conference meet. This year we will be bringing back the swim team assessment for new team members to ensure they can swim the length of the pool.

Swimmers 8yrs old and under will swim freestyle and backstroke. Swimmers 9 and above will swim all four competitive strokes. Assessments will take place May 30<sup>th</sup>, May 31<sup>st</sup> & June 1<sup>st</sup>, from 5-7pm.

### Swim Meet Schedule

The 2022 Swim Meet schedule is as follows:

Date	Home/Away	Opponent
June 8	HOME	LFC Intersquad
June 15	HOME	FSSC
June 22	HOME	RSC
June 26	HOME	OB BT
June 29	AWAY	RFTC
July 6	AWAY	SCC

Awards night for all aquatic teams will be July 12<sup>th</sup>.

The Inter-Suburban Swim Conference, will host its championship meet this year on July 15<sup>th</sup>. The meet will be hosted by Five Seasons.

### Swim Team Parent Involvement Sign-Up

Parents are a huge part of our success as a team. You get your swimmers to practice and meets, you make sure they have everything they need to swim, and you volunteer!!! Honestly, this season wouldn't run without the volunteers. This season we will send out a Sign-up Genius **for the entire season** to be filled on a first-come, first-serve basis in the beginning of June. **Each family will still be required to fill one volunteer position per swimmer per season (not meet), up to two swimmers** (i.e. maximum of two volunteer slots), regardless of whether or not your child participates in swim meets. Failure to do so will result in a \$250 volunteer fee being charged to you. You are responsible for finding your own back-up if you can't make it to a meet that you are signed up to volunteer.

We may have to ask for additional volunteer time if we are short-handed for any particular meet and ask for your flexibility in volunteering for more than your requirement.

### Dive Team Information:

Dive team is a fun and challenging environment for divers ages 8 and older. To participate on dive team, divers must have dive experience. Our goal is to include as many divers as possible, but first and foremost to provide a safe practice environment. Divers participate in four round robin meets per season as well as a season end conference meet. Dive season starts on June 5<sup>th</sup>. Divers will practice from 8:00am – 9:00am or 9:15am – 10:15am Monday – Friday. The dive conference meet will be held on Sunday, July 16<sup>th</sup>. There is no volunteer requirement for dive team. Registration fee is \$160. If diver registration exceeds practice capacity, tryouts will be held. Divers who do not make the team will be refunded. We encourage those who do not make the team to try lessons to improve their skills and try out again.

### Dive Meet Schedule

Our dive meet schedule is below. The details of some of the locations are still being worked out because more pools are adding diving this year, but the dates are below. All meets are open meets and will include all the teams in the conference.

Date	Home/Away
June 14	TBD
June 21	HOME
June 28	@ FSSC
July 5	TBD

Awards night for all aquatic teams will be July 12<sup>th</sup>.

Dive conference will be held on July 16<sup>th</sup>.

**Water Polo Team Information:**

The LFC water polo team is a co-ed program designed to introduce the game of water polo to athletes aged 8 and older. Players will learn the basics of water polo such as passing, shooting, and eggbeater kick, as well as basic offence and defensive strategies games and activities during practice. The program is designed to harness the fun, dynamic aspects of water polo in a safe learning environment. Players must be 8 years old and should be strong swimmers. Water polo matches are held on Sunday mornings. There is no volunteer requirement for water polo. Registration fee is \$100.

**Match Schedule**

Water polo matches are played on Sundays and will start around 8am.

Date	Home/Away
June 18	@RSC
June 25	HOME
July 2	@VFC
July 9	@SCC

Awards night for all aquatic teams will be July 12<sup>th</sup>.

**Team Events**

Make sure to keep your schedule open for team events this year! Events will include Fun Friday Donuts, pizza after the meets, the final fun Friday extravaganza (7/7), and our conference week events (7/10-7/15). All team members should save the date for Awards night on July 12<sup>th</sup>!

**Team Suits**

As we've done in the past, we will be offering team suits for LFC teams this summer. They are the same design as last year and the swimsuit is not required, but is a great way to show team spirit! For anyone that needs a different size or new suit from last year, the tie-dye design includes the LFC and dolphin logo and will be offered in a variety of styles including freebacks, thin straps, Jolyn-style, as well as jammers and briefs for boys. There will also be additional team merchandise available for order including flip-flops, bucket hats, towels, swim bags and board shorts. Again, this is all optional. More information on ordering and sizing try on dates coming soon.

Kelly Bartosz is our LFC Aquatic Coordinator and should be your main go-to for any Swim, Dive or Water Polo team related questions. She can be reached at [aquaticsLFC@gmail.com](mailto:aquaticsLFC@gmail.com) if you have any other questions.

**AQUATIC CLASSES:****Preschool Swim**

Our preschool swim lessons are for children 36-48 months old. They will focus on a safe introduction to the water for younger swimmers. Once the swimmers are comfortable, the class will work on basic swim skills such as floating and kicking. Swimmers are paired up with instructors at a maximum ratio of 2:1. Classes are 25 minutes long. Each class session is one week. Class start times are 10:30am, 11:00am, and 11:30am. All preschool swimmers must be potty trained. Sign up for preschool swim if your swimmer:

- Is willing to enter the water without their parent or caregiver.
- Can enter the pool independently using the stairs.
- Will put their head under water.

### Youth Swim Lessons

Our youth swim lessons are for swimmers of all abilities. As swimmers advance through the stations, they will learn basic swim skills such as floating and kicking. They will also progress through proper technique for the four competitive swim strokes, diving and turns. Swimmers will be placed in levels based on skill. Swimmers will receive a progress report each Friday to show what they have learned in the station for the week. Classes are 25 minutes long. Each class session is one week. Class start times are 10:30am, 11:00am, and 11:30am.

### Stroke Technique and Endurance with Coach Scott

This class is meant to bridge the gap from swim lessons to competitive swim team. Geared for swimmers who already know all four competitive swim strokes, this class focuses on improving technique and building endurance. This class is recommended for swimmers who have mastered the LFC swim lesson program, have prior swim experience, and hold basic swim skills and stroke technique for all four competitive swim strokes. Classes are 40 minutes long, and each session runs for one week. Class start times are 10:30am and 11:15am. Sign up for Stroke Technique and endurance if your swimmer:

- Can already swim all four competitive swim strokes
- Has mastered all levels of LFC swim lessons
- Swims on a team, or is interested in swimming for fitness or on a team in the future

### Dive Lessons

Dive lessons are a fun way to introduce your child to the sport of diving. Our classes are mixed ability and are divided into groups based on prior experience. Our dive instructors spend time teaching the fundamentals of safe diving to our newer divers as well as basic front and back dives, so no prior dive experience is necessary. Our more experienced divers will learn more difficult dives including flips and twists. The dives each diver works on will depend on individual readiness. This summer, due to the popularity of our dive program, we have added three early morning sessions of lessons and lessons will be open to anyone aged 7 and older. Dive lessons are 25 minutes long. Class start times are 10:30am, 11:00am, and 11:30am.

### Private Lessons

This season we will be introducing private lesson opportunities during swim lessons. These will take place each week on Friday, and Thursday / Friday of 4<sup>th</sup> of July week. They are 1:1 lessons with our LFC swim instructors. Each lesson is \$25 for a \$25 minute lesson.

### Skills Camp with the Swim and Dive coaches

This season we will also be introducing one day clinics with the Swim and Dive coaches. These Clinics will focus on a specific swim or dive skill and take place on Friday. The clinics will cost \$11 for one 40 minute clinic. See schedule below for more information.

Skills Camp Schedule		
Date	Swim	Dive
June 9th	Starts & Breakouts	Forward Approach & Front dives
June 16th	Freestyle and Backstroke Turns	Back Dives
June 23rd	Breaststroke and Butterfly turns	Front Flips
June 30th	Starts & Breakouts	Back Flips
July 14th	Turns for all strokes	Twists

## 2023 Class Schedule

June 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 10:55am	D102 & D105 in session		Dive Lessons W TH Swim Lessons W TH PS Swim W TH (\$16)	Dive Lessons W TH Swim Lessons W TH PS Swim W TH (\$16)	Private lessons with our instructors scheduled through esoft (\$25)
10:30 - 11:10am			Stroke work and endurance W TH (\$22)	Stroke work and endurance W TH (\$22)	Skills Camp with the Coaches (\$11)
11:00 - 11:25am			Dive Lessons W TH Swim Lessons W TH PS Swim W TH (\$16)	Dive Lessons W TH Swim Lessons W TH PS Swim W TH (\$16)	Private lessons with our instructors scheduled through esoft (\$25)
11:15 - 11:55am			Stroke work and endurance W TH (\$22)	Stroke work and endurance W TH (\$22)	Skills Camp with the Coaches (\$11)
11:30 - 11:55am			Dive Lessons W TH Swim Lessons W TH PS Swim W TH (\$16)	Dive Lessons W TH Swim Lessons W TH PS Swim W TH (\$16)	Private lessons with our instructors scheduled through esoft (\$25)

June 12-16, 19-23, 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 10:55am	Dive Lessons M T W TH F (\$35) Swim Lessons M T W TH F (\$35) PS Swim M T W TH F (\$35)				
10:30 - 11:10am	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Skills Camp with the Coaches (\$11)
11:00 - 11:25am	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Private lessons with our instructors scheduled through esoft (\$25)
11:15 - 11:55	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Skills Camp with the Coaches (\$11)
11:30 - 11:55am	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Private lessons with our instructors scheduled through esoft (\$25)

## SUMMER 2023 – Aquatics Information Packet

July 3-7					
	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 10:55am	Dive Lessons M W TH F (\$28) Swim Lessons M W TH F (\$28) PS Swim M W TH F (\$28)				
10:30 - 11:10am	Stroke work and endurance M/W (\$22)	4th of July No Classes	Stroke work and endurance M/W (\$22)	Stroke work and endurance TH/F (\$22)	Stroke work and endurance TH/F (\$22)
11:00 - 11:25am	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)		Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Private lessons with our instructors scheduled through esoft (\$25)	Private lessons with our instructors scheduled through esoft (\$25)
11:15am - 11:55	Stroke work and endurance M/W (\$22)		Stroke work and endurance M/W (\$22)	Stroke work and endurance TH/F (\$22)	Stroke work and endurance TH/F (\$22)
11:30 - 11:55am	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)		Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Private lessons with our instructors scheduled through esoft (\$25)	Private lessons with our instructors scheduled through esoft (\$25)

July 10-14					
	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 10:55am	Dive Lessons M W TH F (\$28) Swim Lessons M W TH F (\$28) PS Swim M W TH F (\$28)				
10:30 - 11:10am	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Skills Camp with the Coaches (\$11)
11:00 - 11:25am	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Private lessons with our instructors scheduled through esoft (\$25)
11:15 - 11:55am	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Stroke work and endurance M/W (\$22)	Stroke work and endurance T/TH (\$22)	Skills Camp with the Coaches (\$11)
11:30 - 11:55am	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Dive Lessons MW Swim Lessons MW PS Swim MW (\$16)	Dive Lessons T TH Lessons T TH PS Swim T TH (\$16)	Private lessons with our instructors scheduled through esoft (\$25)

### Registration

Registration will begin on March 21<sup>nd</sup> and will take place on the Esoft platform. All team and class registrations will be found under camps/classes.

### How to complete registration:

#### **Swim/Stroke/Dive Lessons AND Aquatic Teams - Swim/Dive/Water Polo:**

- Once you are logged into eSoft, click "Scheduling," then "Camp/Classes".
- Individual classes are listed under the various categories. To view the individual classes, click on the appropriate category bar at the top or the blue category bars under Camps and Classes. You can see a full list of all classes by clicking "View All".
- To sign up for a class click the "Sign up" icon for that class.
- For additional details on any class click on the "Details" icon
- Select the family member from the drop-down box and click "Add to Cart." You may continue selecting classes for all family members.
- Once you've signed up for all classes, click "View Cart" and "Continue to Checkout."
- Make sure you get to the page that says "Scheduling is Completed" which means you have paid for the classes.
- To make sure everything went through, you can go to scheduling / my schedule. If it is on your schedule, you are registered.

Kelly Bartosz is our LFC Aquatic Coordinator and should be your main go-to for any Swim or Dive class related questions. She can be reached at [aquaticsLFC@gmail.com](mailto:aquaticsLFC@gmail.com) if you have any other questions.