

LFSC Announces New “Fun ‘n’ Fitness” Program for August



Many of our members have asked to continue practices after the regular season closes to day, July 28. We are happy to tell you that we will continue practices on a special schedule thru August 13th.

These practices will be open to all swimmers age 10 and older. Practices will be low intensity aerobic fitness

sessions at the Lake Bluff pool and dryland sessions at Lake Forest College. The goal is to maintain fitness and strength during the natural break between seasons. ***Remember: it's easier to maintain than gain fitness!***

As many clubs/teams are unable or unwilling to extend the season we are extending these practices to non-members. If you have friends who would also like to keep swimming into August encourage them to join you at Lake Bluff.

We encourage all of our swimmers to keep swimming for the next 2 weeks and take some "down time" at the end of August. There is a small fee to cover the extra pool and staffing costs. You can bring a check to practice or pay by credit card (we need the Authorized Name on the Card, number, exp date, and a phone contact number).

Here are the details:

WHO:	Swimmers 10 years and older
WHAT:	Water and Dryland practices
WHEN:	July 29 – August 13 (Saturdays also)
POOL:	Monday – Saturday 6:00-7:30 am @ Lake Bluff outdoor pool
DRYLAND:	Tuesday and Thursday 8:00-9:00am @ Lake Forest College
COST:	\$50, current LFSC members \$75, non-members

Swimmer: _____ Age: _____

Phone: _____ Email Contact: _____

Payment: \$ _____ Check Enclosed Credit Card

Authorized Name on Card: _____

Card Number: _____ Exp Date: _____

Watch our website for information about the upcoming 2010-2011 season!