

# LFSC UPDATE – DECEMBER – JANUARY 2010

**Holiday Practice Schedule** -- Be sure to check the website for the Holiday Practice Schedule. We return to the regular practice schedule on January 4<sup>th</sup>. Late-notice schedule changes will be posted to the website.

**LFSC Windy City Open**—Our first meet of the New Year will be our own Windy City Open. All swimmers should review the entry list at each pool and talk to a coach if you see a problem. Meet worker assignments were sent to all families with swimmers entered in the meet. We need all families to help with meet operations in order to host a successful meet. Please contact the office if you notice any problems with the Meet Worker Assignments.

**Upcoming Meets** – The end of the season comes very quickly with meet entries being submitted weekly. Entering meets is a very competitive process and it is very difficult to re-submit an entry with new swimmers. Please please please check your meet schedule and entries using the online page.

**Program Notes** – We have several new programs set for launch in December and January. Registration is now open to the public through our website and the LF Rec Dept.

**Rising Star Technical Clinics** – Our next clinic will focus on turns in all strokes. We had 30 swimmers in the last clinic and registration is limited. Only a few openings remain in this clinic. (Clinic date: 12/29/2009)

**NEW Free Swim Lessons** – During the school holiday break we will offer FREE swim lessons for children ages 5-10 at the LF College Pool. (Class Dates: Mon, Dec 28 and Wed, Dec 30, 2009, 9:20-9:55am)

**NEW “Mini-Ducks” Swim Program** – Our Mighty Ducks program will expand in January with a new “Mini Ducks” for children ages 5-9 years at LFA. (Class Dates: Tue & Thu, 5:30-6:10pm.                      Session 1 - Jan 5-28                      Session 2 – Feb 2-25)

**NEW LFSC Open House** – Prospective swimmers and their parents are invited to attend an Open House to learn more about the nationally recognized Lake Forest Swim Club Programs for children ages 5 and over. Please encourage your friends and families to attend an Open House soon . . . better yet, come along and introduce them to the program personally. Contact the office or see the website for dates and details.

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We close 2009 very appreciative of the financial support for the club through the “*Secure The Future*” Annual Fund Campaign. If you have not made a decision to contribute, there’s still time to meet any year-end deadlines. Your investment in the club is an investment that pays off for both the community and our club.

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| <b>Return to:</b><br><br><b>Lake Forest Swim Club</b><br><b>555 N Sheridan Rd</b><br><b>Lake Forest, IL 60045</b><br><br><small>LFSC is a 501(c)3 non-profit organization.<br/>Contributions are tax exempt to the extent<br/>current IRS regulations allow.</small> | <b>Please accept my gift of:</b> \$ _____<br>Name _____<br><br><input type="checkbox"/> Charge my <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover<br>Card number _____ Exp. Date _____<br>Authorized Signature _____ |
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**GO TO WWW.SWIMLFSC.ORG FOR INFORMATION ABOUT ANY LFSC PROGRAMS.**