

Lake Country Phoenix

Fall 2010 Novice Information

Fall Novice Programs

We offer two types of swimming programs to novice swimmers in the fall. Swimmers may register for PCSC 1, PCSC 2, Ribbons or all classes. All forms and schedules are available on our website (www.lakecountryswimming.com) under "More Information" as well.

Pre-Competitive Swim Class

Our Pre-Competitive Swim Classes (PCSC) provide swimmers with an opportunity to work on the skills required for advancement in our novice program without scheduled competitions. We will have two PCSC sessions this fall: PCSC 1 will begin on Tuesday, September 14th and PCSC 2 will begin on Tuesday, October 12th. The fee for each PCSC, which includes 9 classes, is \$50.

Ribbon Swim Team

Our Ribbon session adds the excitement of meets to the beginning swimmer's experience. Ribbon session swimmers compete in our popular Phoenix Conference Meets. These low-key meets, held at Arrowhead High School, provide an easy introduction to competition swimming. The meets are short and exciting, and every swimmer participates. The Ribbon session is 6 weeks, beginning November 9th and finishing with the Conference Championship Meet on December 18th. The fee for the Ribbon Swim Team, which includes practices and meets, is \$100.

New Swimmer Evaluations

Our community-wide evaluations for the fall novice programs will be **Friday, September 10th, 6:00-7:00 pm @ Arrowhead HS**. All swimmers able to swim 25 yards will be placed into one of our novice levels. Returning members do not need to attend these evaluations.

Registration

Paid registrations are currently being accepted for new members pending qualification on September 10th. Registrations for returning swimmers are due by September 8th and receive priority acceptance. Registrations paid at the evaluation will be accepted in order of arrival.

ALL team members need to pay the annual membership fee (Sept 1 - Aug 31.)

If you have any questions regarding the programs described, contact Coach Whitney Witt at 367-7657 or wjk416@hotmail.com.

Lake Country Phoenix - Novice Practice Schedule

Fall 2010 - Arrowhead Pool

X = No class

Pre-Competitive Swim Class Session 1

	Monday 13-Sep	Tuesday 14-Sep	Wednesday 15-Sep	Thursday 16-Sep	Friday 17-Sep	Saturday 18-Sep
Arrowhead PCSC 1	X	5:10-6:00	X	X	5:10-6:00	1:10-2:00
	Monday 20-Sep	Tuesday 21-Sep	Wednesday 22-Sep	Thursday 23-Sep	Friday 24-Sep	Saturday 25-Sep
Arrowhead PCSC 1	X	5:10-6:00	X	X	5:10-6:00	1:10-2:00
	Monday 27-Sep	Tuesday 28-Sep	Wednesday 29-Sep	Thursday 30-Sep	Friday 1-Oct	Saturday 2-Oct
Arrowhead PCSC 1	X	5:10-6:00	X	X	5:10-6:00	1:10-2:00

NO CLASSES WEEK OF OCTOBER 3 - 9

Pre-Competitive Swim Class Session 2

	Monday 11-Oct	Tuesday 12-Oct	Wednesday 13-Oct	Thursday 14-Oct	Friday 15-Oct	Saturday 16-Oct
Arrowhead PCSC 2	X	5:10-6:00	X	X	5:10-6:00	1:10-2:00
	Monday 18-Oct	Tuesday 19-Oct	Wednesday 20-Oct	Thursday 21-Oct	Friday 22-Oct	Saturday 23-Oct
Arrowhead PCSC 2	X	5:10-6:00	X	X	5:10-6:00	1:10-2:00
	Monday 25-Oct	Tuesday 26-Oct	Wednesday 27-Oct	Thursday 28-Oct	Friday 29-Oct	Saturday 30-Oct
Arrowhead PCSC 2	X	5:10-6:00	X	5:10-6:00	Halloween Party	1:10-2:00

NO CLASSES WEEK OF OCTOBER 31 - NOVEMBER 6

Ribbon Swim Team

	Monday 8-Nov	Tuesday 9-Nov	Wednesday 10-Nov	Thursday 11-Nov	Friday 12-Nov	Saturday 13-Nov
Arrowhead Ribbon	X	5:10-6:00	X	5:10-6:00	5:10-6:00	X
	Monday 15-Nov	Tuesday 16-Nov	Wednesday 17-Nov	Thursday 18-Nov	Friday 19-Nov	Saturday 20-Nov
Arrowhead Ribbon	X	5:10-6:00	X	5:10-6:00	X	X
	Monday 22-Nov	Tuesday 23-Nov	Wednesday 24-Nov	Thursday 25-Nov	Friday 26-Nov	Saturday 27-Nov
Arrowhead Ribbon	X	5:10-6:00	X	Thanksgiving	5:10-6:00	1:10-2:00
	Monday 29-Nov	Tuesday 30-Nov	Wednesday 1-Dec	Thursday 2-Dec	Friday 3-Dec	Saturday 4-Dec
Arrowhead Ribbon	X	Blaze v Wings	X	5:10-6:00	X	1:10-2:00
	Monday 6-Dec	Tuesday 7-Dec	Wednesday 8-Dec	Thursday 9-Dec	Friday 10-Dec	Saturday 11-Dec
Arrowhead Ribbon	X	Wings v Flames	X	5:10-6:00	X	1:10-2:00
	Monday 13-Dec	Tuesday 14-Dec	Wednesday 15-Dec	Thursday 16-Dec	Friday 17-Dec	Saturday 18-Dec
Arrowhead Ribbon	X	Flames v Blaze	X	X	5:10-6:00	Conference Champs