

General Questions

Q. What is EMAC?

A. For over 30 years, Emmaus Aquatic Club (EMAC) has provided the Lehigh Valley area with excellent aquatic programs. We are a non-profit club that offers all levels of swimming instruction and training, including year-round competitive swimming and learn-to-swim lessons through our Swim America program offered at Steel Fitness Premier's state-of-the-art aquatic facility. In addition, we offer summer memberships to our outdoor facility, as well as a summer league competitive program, and aquatic exercise classes. We invite swimmers of all levels and abilities or disabilities to give EMAC a try.

Q. Where is EMAC located?

A. EMAC's facility is located in Lower Macungie Township, just outside of Emmaus, PA. The EMAC facility is a summer-only facility and is open mid-May through late September. During the Fall, Winter and Spring, EMAC utilizes pools at the Emmaus High School and offers a Learn to Swim lesson program (Swim America) at the Steel Fitness Premier Center located in the Integrated Health Campus. EMAC also use Emmaus Community Pool for long course training in the summer.

Q: How can I join EMAC?

A: Our Year Round Competitive Team season begins in September and continues through August. We divide the year into 4 sessions:

- Fall: September – Mid November
- Winter: Mid November through March
- Spring: April – early June
- Summer (Long Course training): June – August

Those who begin in the Fall Session have priority in registering for the following sessions. Space permitting we will take new swimmers from our waitlist for the Winter and Spring sessions. If you are interested in joining our team during one of the sessions this year, please complete inquiry form found on the website. You will be placed on our waitlist and contacted by a member of our coaching staff regarding roster openings.

Q. What is the practice schedule and what are the costs to join the competitive team?

A. On the EMAC website click "Competitive Team" and then click Fall, Winter, Spring or Summer Info Packet. There you will find information on the different practice groups, schedules and fees.

Q. Are there practice requirements?

A. Most groups have a 'suggested attendance'. Just like anything else, the more you put into it, the more you will get out of it. We understand that kids participate in multiple activities, so if you have a conflict that arises please inform your coach(s).

Q: Who can answer my questions about the swim team?

A: Send your email questions to the "Contact Us" button on the left of the website. Your question will be answered quickly or be directed to the right person.

Q: How can I get information on swim lessons?

A: On the EMAC site click on the tab "Swim Lessons". There you will find information about the program and how to register.

Q: What strokes do the swimmers use in competition?

A: Freestyle, backstroke, breaststroke, and butterfly.

Q. Do you have to be a fast swimmer to join EMAC?

A. No. We have swimmers at every level and our coaches will help place your swimmer in the proper group based on their current ability.

Q. How do I know if my child is ready for competitive swimming?

A. EMAC offers a week long trial period for swimmers new to our program. This week allows the coaches to evaluate the swimmer to decide the best training group to place the swimmer in, and of course, gives a great opportunity for new swimmers to see what our program is all about. Once the trial week is over, you will automatically be enrolled unless you notify EMAC in writing that you do not wish to continue. Should you decide not to continue during this trial week, you will receive a refund of fees paid less the \$25 EMAC registration fee.
