

You Are Invited to

Check Out LCAC's New Developmental Program

Summer is almost here! Looking for a way to keep cool and improve your child's swim skills?

Las Cruces Aquatic Club is offering a developmental program to keep your kids cool in the summer and to learn vital swim skills. We have been offering innovative and fun programs since 1965.



Our developmental program is perfect for swimmers who have basic swim skills but want to have fun and become increasingly water safe.

Enrollment begins April 15th!

Space is limited and on a first come first serve basis, so schedule your evaluation soon.

Visit www.lcatpride.com to schedule a free evaluation or

Contact us at lascrucesaquaticclub@gmail.com or call 1-575-642-1299

Both groups have an annual fee of \$70 to join.

Stingrays (Age 5-8)

Location: Frenger Pool, 800 Parkview Drive

Cost: \$45 per month

Time: 5:30 – 6:10 pm.

Min Requirements

- Comfortable with face in water
- Hold breath for at least 5 secs
- Do front and back floats
- Retrieve items from shallow end
- Push off the wall to instructors
- Basic knowledge of flutter kick

Dolphins (Age 6-10)

Days: Monday, Wednesday, Friday

Cost: \$50 per month

Location: Frenger Pool, 800 Parkview Drive Park

Time: 5:30 – 6:15 p.m.

Min Requirements

- Independent swimmer
- Push off the wall front and back
- Glide no kick for 8 feet
- Flutter kick with kickboard for 30 feet
- Push off the wall to instructors
- Basic knowledge of dolphin and breaststroke kick
- Basic knowledge of free and backstroke arm rotation



Convenient



Easy



Time-Saving



Eco-Friendly



Las Cruces Aquatic Team



Register Online