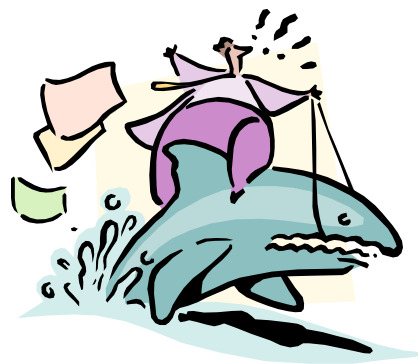


2009 L'Anse Creuse – Community Ed. Summer Competitive Information



Advanced Competitive: Swim practices will be designed for any swimmers 12 years or older. We will be concentrating on improve technique and endurance for the next swim season. We will also be incorporating dry land training (strength training) into the workouts.

Starts: Monday, June 15, 2009 – July 23, 2009

Location: L'Anse Creuse High School

Days: Monday, Tuesday, Wednesday, & Thursday

Times: 7:00am – 9:00am

Cost: \$100

Beginning Competitive: Swim practices for any swimmers that have had limited competitive experience or have never swam competitively before and wish to learn/improve technique for the next swim season.

Starts: Monday, June 15, 2009 – July 22, 2009

Location: L'Anse Creuse High School

Day: Monday & Wednesday

Time: 7:00pm – 8:00pm

Cost: \$75

TO REGISTER: Call 586-783-6330 after June 1st.

If you have any questions, please feel free to e-mail Mike Owensby @ owensmi@lc-ps.org.