

Lost Creek Country Club – Summer Aquatics

Summer Aquatics

Lost Creek has one of the best summer swimming programs in the area. We are dedicated to creating a safe and pleasant environment for your family, and encourage you to enjoy this lifetime sport.

Lost Creek Cruzers

The Cruzers have been part of Lost Creek's summer program now for over 40 years. The secret of our success has always been our emphasis on a team atmosphere, proper swim technique, and lots of fun. Practices are after school from April 22 to May 30, and then in the mornings from June 3 through June 21. Please visit the Cruzers website at www.lostcreekcruzers.com for more information. The Cruzers will participate in six weekly swim meets, starting the second weekend of May. The Cruzers is for swimmers ages 5 and older as of May 1, who can swim basic freestyle and backstroke, and who are members of Lost Creek Country Club.

Watch the LCCC newsletter for days for new swimmers to come for evaluations, to see if they are ready to be a part of the Cruzers! Online registration will open on March 25 at www.lostcreekcruzers.com.

Cost:

\$230 per swimmer (LCCC Members only)

Additional costs: team suit, goggles, team swim cap and T-shirts, and your time working three swim meets.

Early Summer Swim Team

Want to get started before the Cruzers season begins, or get a little extra help with your strokes? Early Summer Swim Team (formerly "Head Start") is for kids who are ages 5+ who are beginners (can swim basic freestyle and backstroke) and ages 8+ who are familiar with all four strokes. Swimmers will work on stroke development and getting ready for being on the Cruzers team. For more information and to register (starting March 18), go to www.lostcreekcruzers.com. Swimmers can register for one or both sessions. To keep group sizes small, registration will close as classes fill, so sign up early.

Session 1: March 25 to April 4, Monday – Thursday

Session 2: April 8 to April 18, Monday – Thursday

Sharks (experienced summer league swimmers ages 8+) 4:00 – 4:30

Minnnows (beginners, ages 6+), 4:30 – 5:00

Cost: \$100 per session (for LCCC members only who are, or are planning to be, on the Cruzers team)

Cruzer Stroke Clinics

These 30-minute small group clinics are offered each day in June and are focused on a different stroke or skill for each age group. Cruiser stroke clinics are only offered to members of the Cruzers team during June. Registration will open on the Cruzers website at www.lostcreekcruzers.com during the last week of May. Cruzers can register for any clinic. The cost is \$15 and the times vary by swimmer age.

Private Swim Lessons

LCCC offers private swim lessons to both members and nonmembers. Please check the Cruzers website at www.lostcreekcruzers.com for more information about the lessons schedule and pricing.

Late Summer Swim Team

Want to keep swimming after the Cruzers season ends? Or missed the Cruzers season and want to start swimming? The Late Summer Swim Team runs from June 24 to August 1 and all swimmers ages 5 and older who can swim basic freestyle and backstroke are welcome on this team. We will have a swim meet at the end of the season to practice racing. Practices are 9:00-10:00am, Monday through Thursday. The cost is \$175 for the six-week session, plus a \$20 USA Swimming membership fee for swimmers who are not currently swimming with a USA Swimming member team. Members and nonmembers of Lost Creek Country Club are invited to join this team. Registration will open online at www.lostcreekaquatics.com, on June 1.

Year-Round USA Swimming Team: Lost Creek Aquatics

Lost Creek Country Club is the home of Lost Creek Aquatics, a USA Swimming member club that has produced many talented athletes over its 19 years of operation, from summer league champs all the way to Olympic Trials qualifiers. Head coach Steve Jones welcomes athletes from the guppy level to national meet qualifiers, and every aspiring swimmer in between. We pride ourselves in individual attention, exceptional coaching, and getting great results for every swimmer. Members and nonmembers of Lost Creek Country Club are welcome to join this team. Visit our website at www.lostcreekaquatics.com to learn more about Lost Creek Aquatics.