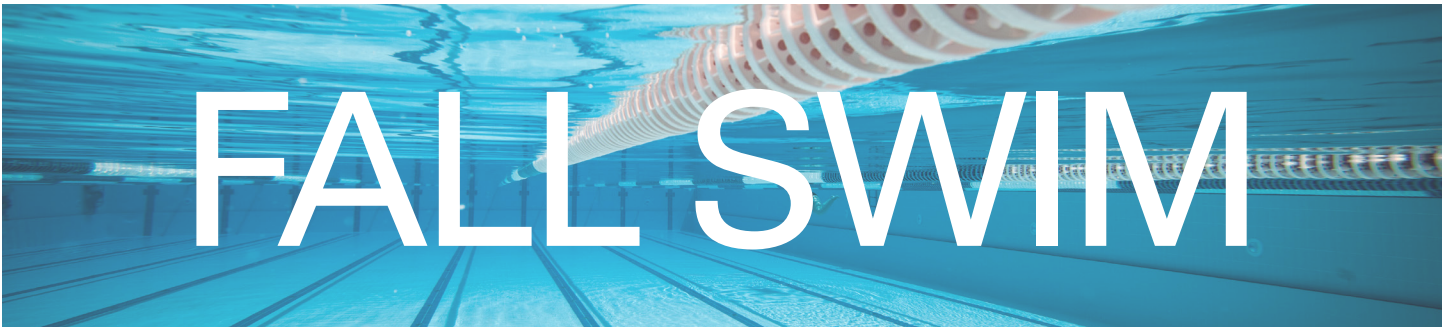


THE DIXIE SCHOOL DISTRICT IS NOT A SPONSOR OR RESPONSIBLE IN ANY WAY FOR THIS EVENT.
PLEASE CONTACT THE SPONSORING AGENCY WITH ANY QUESTIONS/CONCERNS. THANK YOU.



Lucas Valley Lightning is excited to announce our 5th season of Fall and Winter Swim at the LVHA pool! First session begins 9/11/17.

Starting Monday 9/11/17 – 9 weeks Monday thru Friday

- **Coaches Mike Merrell & Sarah Paoli will be back on the pool deck!**
- Our coaches have streamlined the season into Fall and Winter sessions, each comprised of 9 weeks.
- Coached workouts Monday through Friday in a heated pool
- For kids aged 6-18
- Maintain and improve upon your summer swim skills and fitness
- Open to all teams and swimmers. New Swimmers Welcome!



Fall Swimming Schedule 2017: September 11 - November 9

8 & Unders: **\$325** • 9 and Ups: **\$350**

September 11 - September 29

Practice Times:

8 & Under and 9-10 age group: 5-6 pm
(8 & U swim until 5:45 pm)

11 and up age group: 6-7:15 pm

October 2 - November 9

Practice Times:

8 & Under and 9-10 age group: 4-5 pm
(8 & U swim until 4:45 pm)

11 and up age group: 5-6:15 pm

FOR MORE INFORMATION AND TO REGISTER VISIT **WWW.LVST.ORG**

Our Winter Swim Program will be announced and open for registration beginning of October. Winter swimming schedule 2017/2018 is planned for **November 13 – January 29**. Winter session is a 9-week program (3 week break adhering to school holiday schedule for Thanksgiving week and Winter/New Year's break)