



2017 LEARN TO SWIM/MINI-TEAM

The East Pennsboro Aquatic Club (EPAC) is **NOW** accepting registrations for Spring Learn-to-Swim Lessons/Mini-Team.

Lessons are held at Central Penn Fitness & Aquatics at 450 Powers Avenue, Harrisburg, PA 17109.

Our 'learn-to-swim' program is designed for beginning swimmers ages 5 to 10 years old that are comfortable in the water and may be interested in moving into competitive swimming. We offer a low teacher-to-student ratio as many advanced swimmers on our swim team assist the adult teachers in our program to provide personal attention to each child.

To give your child a taste of what it is like to compete, we offer a "Mini-Swim Meet" at the end of their lessons. Depending on their progress, swimmers have the opportunity to advance to the competitive swim team at the end of the mini team program.

Registration is online at www.epac.org.

Mini-Team Info: Nine 30-minute lessons over a two-week period, plus a Mini-Meet
Participants will receive a Certificate of Accomplishment & Mini Meet Ribbons

Cost: \$80 per swimmer

Schedule: Monday, April 17 through Friday, April 28, 2017
Lessons will run Monday through Friday for two weeks straight

Session 1: 5:35-6:05 pm Session 2: 6:10-6:40 pm

***Sessions are limited to 15 swimmers only – Be sure to register early at www.epac.org!**

SWIM TEAM

EPAC is a year-round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from the novice swimmer to the advanced Junior Olympian or PIAA state-level high school swimmer...and beyond.



Interested? Information about our team, practice times, meet schedule, registration and more is online at www.epac.org.