

LCFCC 2025 Swim Team

JUNIOR SHARKS - Available to LCFCC Members Only

Our Junior Sharks program is designed for swimmers who are water safe but lack the confidence and/or skill to swim across the pool for several laps. Jr. Sharks will work with one of our coaches in small groups in an attempt to prepare them to join the team at the beginning of the competition season. The Jr. Sharks program is available during sessions 3 and 4 of our recurring lesson sessions. Jr. Sharks participants must have taken at least one private lesson at LCFCC prior to signing up for the Jr. Sharks program. This enables us to assess their current skill level. Jr. Sharks is limited to 12 kids per session, and we encourage families to sign up early, as we do tend to fill up quickly.

SHARKS SWIM TEAM - Available to LCFCC Members Only

Our Sharks Swim Team is designed for swimmers from age 4 through 17 who love swimming and are ready to take their swimming skills to the next level. Participants should have a basic understanding of freestyle and backstroke, and be able to swim at least 1 full lap of each stroke unassisted (swimmers age 9+ must be able to swim 2 laps of each stroke). Practices focus on endurance, technique, and speed, and swimmers compete at swim meets on Saturdays in June and July. Swimmers must commit to attending at least two practices per week, and three swim meets, including the Final Swim meet on 7/19, over the course of the season. Registration for swim team opens on March 1st at lcfsharks.swimtopia.com. Swimmers who did not swim on the team in 2024 must take a private lesson at LCFCC prior to registration, so that we can make sure they are at an appropriate level to join the team. Space is limited to 150 swimmers.

SHARKS PRACTICE DATES AND TIMES

April 28th through May 23rd

Practices will be held Monday through Friday. Swimmers age 8 and under may attend practice from 5:00 PM-5:45 PM or 5:45 PM-6:30 PM. Swimmers age 9 and over may attend practice from 5:45 PM-6:30 PM or 6:30 PM-7:15 PM.

May 27th through June 5th

Evening practices will be held Monday through Friday from 5:30-6:30 for swimmers age 8 and under and 6:30-7:30 for swimmers age 9 and up.

June 9th through July 18th (Except 7/4)

Evening practices will be held Monday through Thursday from 5:30-6:30 for swimmers age 8 and under and 6:30-7:30 for swimmers age 9 and up. An all ages practice will be held from 8:00-9:00 AM.

SHARKS MEETS AND IMPORTANT DATES

Meets begin Saturday June 7th. The final meet is July 19th. Meets are held weekly with the exception of July 5th. Swimmers are expected to be on the pool deck by 7 AM on meet days. Meets conclude between 12 and 1 PM. Swimmers must attend a minimum of three meets over the course of the season, including the last meet on 7/19/25.

An optional team spirit dinner and party, organized by our team parent, will be held on June 6th.

We will celebrate your swimmer's accomplishments at our end of season banquet on July 20th at 5:00 PM!

LCFCC 2025 Aquatics Program Registration & Pricing Information

SHARKS REGISTRATION

Registration opens online at lcfsharks.swimtopia.com on March 1st, 2025 and will stay open until April 26th or until we reach 150 swimmers, whichever comes first. Registration is \$425 per child on or before April 1st, and \$475 on or after April 2nd. Children must be listed on an active LCFCC membership to participate. The Sharks registration fee includes 12 weeks or practices, a team suit, cap, shirt, league fees, and banquet for the swimmer and one guest. Swimmers registered on or after April 2nd will not have their names printed on their caps, and t-shirt sizes may be limited.

JR. SHARKS REGISTRATION

Jr. Sharks registration will open online at swimlcf.as.me on February 1st, 2025, and will remain open until the session registration deadline, or until capacity is reached, whichever comes first. As this program does tend to fill up, we encourage families to sign up early. Registration for the Jr. Sharks program is \$200 per session, and includes 4 weeks of group lessons, held Monday through Thursday from 5:00 PM to 5:45 PM, during sessions 3 & 4.

SHARKS PRE AND POST SEASON CLINIC REGISTRATION

Registration for our pre-season clinics during sessions 3 and 4 will open on February 1st, 2025. Registration is limited to 30 kids, and we encourage families to sign up early. Registration for our pre and post season clinics is \$120 and includes 4 weeks of practices. Practices will be held Monday through Thursday from 5:45 PM to 6:30 PM.

SWIM LESSON REGISTRATION

If you are interested in booking private or semi-private swim lessons in 2025, you have the option of booking lessons individually online at swimlcf.as.me up to 30 days in advance, or by securing a recurring weekly time slot during one of our recurring lesson sessions. Each session is 4 weeks in length and is a great option for those that are able to commit to a consistent schedule, while booking individually is a great option for those that need a bit more flexibility. If you'd like to sign up for a recurring lesson session, you may request a time via the links online at lcfsharks.swimtopia.com under the "Swim Lessons" tab.

MEMBER PRIVATE LESSONS

25 or 30 Minute Private: \$46
45 Minute Private: \$63
60 Minute Private: \$78

NON-MEMBER PRICES:

Additional \$11 per lesson, per child

MEMBER SEMI-PRIVATE LESSONS

(prices are per child)

30 minute Semi-Private: \$35
45 minute Semi-Private: \$46
60 minute Semi-Private: \$57

Group Classes

Beginner, Intermediate, and Advanced group lessons are available throughout the summer for \$160/session for members or \$200 for non-members. Each session includes 5 45 minute group classes, held Monday through Friday. Please reach out for upcoming session information. We require a minimum of 5 swimmers per session.

Please contact Lexie Dreyfuss at swimteam@lcfcountryclub.com for Swim lesson and Sharks information. For additional information on the Sharks swim team please go to www.lcfsharks.swimtopia.com.