



Get Ready for Piranhas -Register Now for the MLAC Blue Groups --Spring

MLAC's Blue Groups is a one hour/once-a-week Saturday program for children ages 5-14 who are **able-swimmers** interested in improving the four competitive swim strokes. Swimmers are grouped in two categories: **Stingray**- younger swimmers with lower endurance and speed and **Dolphin** -more experienced swimmers with a higher level of confidence and ability. **Blue Group swimmers must have mastered underwater breathing and be able to swim one length of the indoor pool (25 yards) in freestyle and backstroke, unassisted.** Swimmers will be evaluated to ensure proper group placement on the first day.

We are now accepting registration for the Spring Blue Group Session. Swimmers will meet 5 Saturdays from April through May at the Mount Lebanon High School indoor pool. Swimmers will need goggles. The dates are as follows:

<u>Date</u>	<u>Location</u>	<u>Time*</u>
April 10, 17, 24	MLHS Pool	9:00 Stingray 10:00 Dolphin
May 1, 8	MLHS Pool	9:00 Stingray 10:00 Dolphin

Cost \$85 for 5 Saturday Sessions

Registration is by mail, the deadline is 4/09/2010. Please download and send the waiver form with your registration. Forms can be found at http://www.mlacswimming.com/page/Blue_Groups . We reserve the right to combine classes based upon enrollment. Please return completed form and payment (payable to MLAC) to:

MLAC
c/o Angela Hodgson
333 Sleepy Hollow Rd
Pittsburgh, PA 15228

-----Please detach and return (with payment)to above address-----

Blue Group Choice: Please circle Stingray (8 and under) Dolphin (9 and up)

Swimmer's Name _____ Age _____ DOB _____

Address _____

E-mail Address _____

Parent's Name _____ Phone _____

Parent's Signature _____

Emergency Contact _____ Emergency Phone _____

Any medical conditions coaches should be made aware of (please list):

