



# MT. LEBANON AQUA CLUB

The **Mt. Lebanon Aqua Club (MLAC)** is offering swimming programs for children of all ages this summer. These programs will be held at the Mt. Lebanon Recreation Center outdoor pool during June and July. The programs are described below, and dates and times (if not included below) are on the reverse side.

Registration for all programs will be held on a first-come, first-served basis. Space is limited for all programs and all classes.



See the MLAC website, [www.mlacswimming.com](http://www.mlacswimming.com),  
for additional details and information regarding deadlines and late fees for programs.



## ✓ IN-PERSON REGISTRATION:

- *Upper Level of the Mt. Lebanon Recreation Center on Saturday, May 8, 9:00—11:00 am.*
- *Registration and Liability Waiver forms will be available or can be printed from [www.mlacswimming.com](http://www.mlacswimming.com).*
- *Payment can be made by check only, payable to MLAC.*
- *This registration is recommended for first time applicants, families with multiple children who will be participating in various swim programs, and individuals with concerns or questions.*

## ✓ ONLINE REGISTRATION:

- *Will begin Monday, May 10.*
- *Log onto the MLAC website at [www.mlacswimming.com](http://www.mlacswimming.com).*
- *Payment can be made online by ECheck or Credit Card—or by check via postal mail.*
- *This registration is suggested for swimmers who have previously participated in our swim programs or are currently involved in the MLAC program.*

*Parent & Child, Aqua Tots, and Learn to Swim are taught under the direction of our coaching staff. Instructors are MLAC swimmers, many of whom are our senior swimmers. Because the lessons are in small groups, developmental experiences are personalized and introduced at a rate intended to build confidence and encourage, but not force, advancement.*

**PARENT AND CHILD:** Is a program for children ages 1—2 and their parent, who will get into the water together. This program is designed to help young children become comfortable in and around the water while in the safe, encouraging arms of their parent. Parents will receive information and be taught techniques to help introduce their child to the water in a fun and safe environment. Children **MUST** wear swim diapers. Sessions are five, 30-minute classes. Discounted cost is \$50 for Mt. Lebanon residents, \$70 for non-residents.

**AQAU TOTS:** Is our toddler water readiness program for children ages 2—4, who are able to get into the water with an instructor (**without a parent**). This program introduces water safety and exploration, and it works to develop a level of comfort in the water for the beginner. Class ratio is 1 child per instructor. Depending on the week, sessions are five, 30-minute classes or four, 35-minute classes. Discounted cost is \$60 for Mt. Lebanon residents, \$80 for non-residents.

**LEARN TO SWIM:** Are swim lessons for beginners ages 4—18. Children should be readily able to get into the water (**without a parent**) and follow directions. Assessment of your child's ability is based on a survey that the parent will complete during the registration process. Class ratio is 3 children maximum per instructor. Each session is a series of nine, 30-minute classes. Discounted cost is \$100 for Mt. Lebanon residents, \$120 for non-residents.

**PIRANHAS SWIM TEAM:** Is a competitive swim program for children ages 6—18 as of June 1, 2010. The swimmer must have basic stroke ability and be able to swim at least one length (25 yards) of the pool in freestyle and backstroke. The program runs June 14—July 24 with weekday practices from 9:45—11:00 am. There are seven meets, either on weekday evenings or Saturday mornings. **A photocopy of the child's Birth Certificate, if not already on file, must be provided with registration.** Discounted cost through May 31<sup>st</sup> is \$130 for Mt. Lebanon residents, \$150 for non-residents. Online registration will continue 6/1—6/10, however, \$25 will be added to the program fee. **NO REGISTRATION FOR PIRANHAS WILL BE ACCEPTED AFTER JUNE 10.** Every swimmer will receive a team logo t-shirt. Please check "Piranhas" link on the MLAC website for additional information.

[www.mlacswimming.com](http://www.mlacswimming.com)

412.344.7070

# MLAC—Summer 2010 Swim Program Registration

LEARN TO SWIM 2010 Outdoor Pool	June/July					July				
	M	Tu	W	Th	F	M	Tu	W	Th	F
	28	29	30	1	2	12	13	14	15	16
5	6	7	8	--	19	20	21	22	--	
10:00—10:30 am	<b>A</b> No class on 7/9					<b>D</b> No class on 7/23				
10:35—11:05 am	<b>B</b>					<b>E</b>				
11:10—11:40 am	<b>C</b>					<b>F</b>				

AQUA TOTS 2010 Outdoor Pool	June/July					July					July					July				
	M	Tu	W	Th	F	M	Tu	W	Th	F	M	Tu	W	Th	F	M	Tu	W	Th	F
	28	29	30	1	2	5	6	7	8	--	12	13	14	15	16	19	20	21	22	--
10:00—10:30 am	<b>A1</b>					<b>D1</b> 9:45—10:20 am 35-minute classes No class on 7/9					<b>G1</b>					<b>G2</b> 9:45—10:20 am 35-minute classes No class on 7/23				
10:35—11:05 am	<b>B1</b>					<b>E1</b> 10:25—11:00 am					<b>H1</b>					<b>H2</b> 10:25—11:00 am				
11:10—11:40 am	<b>C1</b>					<b>F1</b> 11:05—11:40 am					<b>I1</b>					<b>I2</b> 11:05—11:40 am				

PARENT & CHILD 2010 Outdoor Pool	July					July					July				
	M	Tu	W	Th	F	M	T	W	Th	F	M	Tu	W	Th	F
	5	6	7	8	--	12	13	14	15	16	19	20	21	22	--
11:10—11:40 am	<b>G</b> 11:10—11:45 am 35-minute class No class on 7/9					<b>H</b>					<b>I</b> 11:10—11:45 am 35-minute class No class on 7/23				

## MLAC Summer 2010 Learn To Swim, Aqua Tots, or Parent & Child Registration Form

Please note—ONE registration per child, per class!

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_  M or  F Class Choice(s): \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_ MTL Resident?:  Yes or  No

Parent's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Has the child had previous MLAC swim lessons?  Yes or  No

Are there any medical conditions that the coaches and instructors should be aware of for this child?

Yes or  No (If yes, please describe below.)

**NO refunds are given for withdrawal or missed lessons except for confirmed medical reasons.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_