

ECST AQUA TROJANS

<http://www.ecst.teampages.com/>

2018 Summer Swim Season

The East Central Aqua Trojans Swim Team is for all levels of kids ages 5-18 (must be able to swim unassisted one full length of pool.) You will learn strokes, entries, turns and improve your endurance as well as have the experience of competing as part of America's Team. ECST is a USA swimming organization. What does this mean? It means that you are on the same team as 300,000 other swimmers nationwide.

REGISTRATION AND FIRST PRACTICE:

Monday April 23 from 5:30-7:30 P.M. (East Central High School Pool)

COST:

\$150 per swimmer + \$35.50 USA Swimming Fee (If not currently registered)

PRACTICES:

GOLD Monday-Friday 5:30pm-7:30pm (April 23rd – July 16th)

- advance stroke technique
- meet & racing technique
- strength training

SILVER Monday-Friday 5:30pm-7:00pm (April 23rd – July 16th)

- clear understanding and demonstration of all four competitive strokes
- transition to competitive swimming

BRONZE Monday, Tuesday, Thursday

5:30pm-6:30pm or 6:30pm to 7:30pm (April 23rd – July 16th)

- brand new swimmers
- basic understanding of strokes and competitive swimming

SWIM MEETS

There are many meets available for novice swimmers to elite swimmers throughout the summer months.

SWIM SEASON

Regular swim season is April 23rd – July 16th with swimmers with divisional, state, and zone time cuts practicing up to Indiana Age Group and Senior State Championships July 26st – 29th.

QUESTIONS

Brandon Loveless, Head Coach

bsloveless@sunmandearborn.k12.in.us

812-576-4811 ext. 11603



**AMERICA'S
SWIM TEAM.**

Why Should My Child Swim?

The ECST is the number one ranked club team in SE Indiana.

Swimming develops aerobic endurance and is one of the most beneficial forms of cardiovascular exercise.

Swimming develops superior coordination and physical development.

Swimming is the most injury-free of all children's sports.

Swimming promotes time management and is one of the top academically achieving sports.

Become a Champion!

ECST has 42 SE Divisional Champions and over 100 Event Qualifications for the State & Central Zone Meets!!

2018 Summer Swimming Lessons

The East Central Swim Team will be offering swimming lessons this summer to kids ages 4 and up. We may take **POTTY-TRAINED** 3-year-olds depending on the child's ability and available space. **You do not have to live in the area to take part in our swimming lessons.** Each session will consist of eight, forty minute classes all taught by Lifeguard Certified Instructors. All lessons will be \$65 per child with a special \$60 rate for those who sign up for session 1. We will cap all lessons to 30 students so get registered quickly.

2018 Summer Swimming Lessons Schedule

Swimming lessons run Monday-Thursday for two weeks.

Session 1 (April 23-May 3)

4:00-4:40 PM

4:45-5:25 PM

Session 2 (May 7-May 17)

4:00-4:40 PM

4:45-5:25 PM

Session 3 (June 4-June 14)

12:30-1:10 PM

1:15-1:55 PM

6:30-7:10 PM

7:15-7:55 PM

Session 4 (June 18-June 28)

12:30-1:10 PM

1:15-1:55 PM

6:30-7:10 PM

7:15-7:55 PM



Each group will focus on stroke instruction, water safety, and pool safety to get your child ready to swim this summer and for a lifetime.

Registration days will be Tuesday, April 17 & Thursday, April 19 from
5:00-7:00 PM at the Pool Entrance Door #18.

Checks can be made payable to: **East Central Swim Team or ECST.**

You may also register by email to bsloveless@sunmandearborn.k12.in.us or by phone 812-576-4811 ext. 11603.

(Provide Child's Name, Age, Session Number, and Class Time)

A spot will not be held until payment is received.

INTERESTED IN BABY AND ME CLASSES or ADULT SWIMMING LESSONS?

ECST is offering **Baby and Me** classes for ages 6 months to 3-years-old & **Adult Swimming Lessons** for participants 18 years and older. For more information, contact Coach Loveless.

Looking for something more advanced and competitive?

Try the **EAST CENTRAL SWIM TEAM!!!**

A year-round program for all ages and ability levels.

Talk to your child's lesson instructor or Coach Loveless for more information!!