

East Lightning Swimming

Fall Swim Team

September 30 to December 17th
\$100.00



Grades K - 4th

Mo, Tu, We, Th 6:30 PM - 7:15 PM

https://dmps.revtrak.net/tek9.asp?pg=ws_redirect&Extra_params=newurl~eventDetail.html%3Fid%3D1088573

Students will learn the basics of competitive swimming and develop their swimming ability, including all 4 competitive strokes, starts, and turns. Students will have the opportunity to compete in swim meets. Students should be comfortable in the water and able to put their face in, with some prior swimming lesson experience. Monday-Thursday. 6:30-7:15pm

Grades 5th -12th

Mo, Tu, We, Th 7:15 PM - 8:15 PM

https://dmps.revtrak.net/tek9.asp?pg=ws_redirect&Extra_params=newurl~eventDetail.html%3Fid%3D1088571

Students will learn the competitive swimming strokes and develop their swimming ability and improve their technique, with all 4 competitive strokes, starts, and turns. Students will have the opportunity to compete in swim meets. Students should have some prior swimming lesson experience.



East Lightning Swimming strives to teach swimmers high quality skills in a safe, fun and caring environment. We pride ourselves on quality swimming and sportsmanship. Swimmers learn life long skills including time management, responsibility, integrity and grit.

Head Coach, Erin Lowe can be reached for questions at 515-418-4205 or via email at erinesa.lowe@dmschools.org

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