

Looking for a great Age Group Swimming and Diving Program for all skills and ages (6 to 18)? Come join Lower Merion Aquatic Club!

The **Lower Merion Aquatic Club (LMAC)** is a non-profit, volunteer-based organization that supports the greater Lower Merion community through a wide array of organized swim/ dive programs for children of all ages. The club's main objective is to build a positive attitude toward the sport of swimming amongst all children, ranging from the developmental to the national level swimmer.

At the developmental level, our central focus is having fun and making our swimmers technically sound so that all children in the Lower Merion community are water safe. As children progress and improve their swimming skills, we offer them the opportunity to swim on our competitive team. Here, they continue to improve their technique and learn what being a member of a team entails. We pride ourselves on the team spirit, camaraderie, support and sportsmanship that our swimmers demonstrate every day at both practices and swim meets.

LMAC has the benefit of training most sessions at Lower Merion high school, which has one of the newest and fastest competition pools in the central league. The LMAC swimming and diving coaching staff are filled with experienced and motivated coaches who have coached at the NCAA Division I, High School and age group levels for many years.

LMAC Team, League and Season Overview

Lower Merion Aquatic Club (the Piranha's!) consists of both boys and girls swimming and diving teams. These teams participate as members of the Suburban Aquatic League (SAL), which includes teams from Delaware, Montgomery, and Bucks Counties, PA (in Suburban Philadelphia). The SAL season runs from September to mid February. LMAC is also a member of the Mid-Atlantic Zone and every swimmer on the Varsity Swim Team is a registered member of USA Swimming. LMAC swimmers can compete in numerous USA meets throughout the year.

The club is open to all swimmers and divers, but consists primarily of swimmers/divers ages 6-18. Practices are scheduled weekday evenings, and occasional weekends. Meets are held on weekends. Swimmers/divers compete according to age categories in meets; 8 and Under, 10 and Under, 12 and Under, 14 and Under, and 15 and Over (Unlimited). Swimmers and divers practice in groups according to age and skill level.

Please visit www.lowermerionaquaticclub.com for more information about the team and how to sign up for the appropriate session for your beginner or experienced swimmer! You can also e-mail head coach Kathryn McKeone at lepster04@verizon.net with any questions about swimming, or coach Julie Savage at jvandeus@yahoo.com with any questions about diving.



We hope to see you and your little swimmers or divers in September!