



# Join the Seasonal Swim Team this Fall!



Highlander Group Placements  
at the Lake Highland Pool

**Tuesday, August 15<sup>th</sup> at 3:45 pm or 5:30 pm**  
**OR Wednesday, August 16<sup>th</sup> at 3:45 pm**  
for all *new* swimmers & parents, grades 1<sup>st</sup> – 5<sup>th</sup>

\*Returning swimmers do not need to attend the group placement.  
Please register online at [www.highlanderaquatics.org](http://www.highlanderaquatics.org) under "Seasonal".

For more information, please email Stacy Wright at [swright@lhps.org](mailto:swright@lhps.org).



### Seasonal Swim Team – Starting Monday, August 21<sup>st</sup>

For swimmers (1<sup>st</sup> grade & older) with knowledge of Freestyle and Backstroke.  
Practices are offered Monday – Thursday at 3:30 pm or 5:15 pm. We encourage 2 - 3 practices per week.  
\$185 for White group and \$225 Green group for the 8-week session.

### Jr. Highlander Swim Team - Starting Monday, August 21<sup>st</sup>

For all Pre-K and Kindergarten students who can swim independently and enjoy the water.  
Practices are offered Mon/Wed or Tues/Thurs from 2:30 – 3:35 pm. \$195 for the 8-week session.  
Visit [www.highlanderaquatics.org](http://www.highlanderaquatics.org) under "Seasonal" to register online for the Jr. Highlander group.

### Swim Lessons – Starting Monday, August 21<sup>st</sup>

For ages 2 and older. Private lessons are offered Mon/Wed or Tues/Thurs from 8 – 11 am and 4:30 – 7 pm.  
Group lessons (limit of 4 swimmers per group) are offered Mon/Wed or Tues/Thurs from 4:30 – 7 pm.  
Visit [www.highlanderaquatics.org](http://www.highlanderaquatics.org) under "Lessons" to register online.