



# Join the Lake Central Adult Swim Program!

**Lake Central Masters Association (LCMA)** is a masters swim program for adults who are dedicated to improving their fitness through swimming.

LCMA offers training for fitness, triathlon, and competitive swimming. Ability levels range from novice to experienced. The program is designed to swim at your own pace or follow a structured workout. Coaches are available to assist with your practice goals.

## **Practices:**

Practices are held at the Lake Central Aquatic Center. Practice times are available both morning and evening. Workouts are designed to build strength, speed, and endurance, and to develop stroke technique.

## **Requirements:**

You must be 18 years of age or older, able to swim 25 yards without assistance, and motivated to swim whether it is for fitness or competition.

## **Location:**

The Lake Central Aquatic Center is located at 8410 Wicker Avenue, St. John, IN 46373. The pool can be entered through Door C. Parking is available in front of the pool entrance.

## **Contact:**

For additional information, contact LCMA Coach Emily at [LCMA@lcscmail.com](mailto:LCMA@lcscmail.com). Or go to [www.lcbsswim.com](http://www.lcbsswim.com), "Masters" tab, for details including practice schedules, membership fees, and upcoming events.

LCMA  
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