



The Lake Central Masters Association (LCMA) is a masters swimming program for adults who are dedicated to improving their fitness through swimming. LCMA offers training for fitness, triathlon, open water, and competitive swimming.

Ability levels range from beginners, lap swimmers and triathletes to former high school and college swimmers. Coaches develop workouts and provide instruction to meet different swimming abilities and goals for all Masters swimmers.

Practices:

There are seven to eight structured practices offered each week. Morning practices are on Monday, Wednesday, and Friday. Evening practices are on Monday, Tuesday, Wednesday, and Thursday. Some Saturday practices are offered. The practice schedule can be found under the 'Masters' tab at www.lcbsswim.com.

How to Join LCMA:

1. Become a member of U.S. Masters Swimming.
2. Fill out the LCMA Registration Form.
3. Complete a Background Check.

****Instructions for completing a background check and registering for US Masters Swimming and the Lake Central Masters Association as well as the practice schedule can be found under the Masters tab at www.lcbsswim.com.****

Fees:

Lake Central Masters Association bases its fee structure on the individual's chosen payment option. Members can choose to pay either once per month, once every three months, or once every 6 months. Cash or checks are accepted. Checks need to be made out to 'Lake Central Masters Association.'

| | Monthly Rates | 3-Month Rates | 6-Month Rates |
|------------------------|---------------|---------------|---------------|
| <i>Individual</i> | \$40 | \$110 | \$220 |
| <i>Student (18-24)</i> | \$30 | \$83 | \$166 |
| <i>LCSC Employee</i> | \$30 | \$83 | \$166 |

For more information about LCMA, go to www.lcbsswim.com or contact LCMA Coach Abby Homans at ahomans@lcscmail.com. Information about U.S. Masters Swimming can be found on www.usms.org.

