



RECREATION SWIM TEAM

SUMMER 2023

QUICK FACTS

WHERE Lehi Legacy Center Pool
 WHO Ages 5 to 18
 STARTS May 30, 2023
 DAYS Monday-Friday
 MEETS Saturdays to be announced
 FEES \$119 plus a team swim suit. Non-Res. \$179
 purple suit required

REGISTRATION

Team Registration- Need a *pass off slip*.

Registration Starts: May 22, 2023

Registration Deadline: June 2, 2023

Register at the Legacy Center Registration Office.

Registration fee is non-refundable, non-transferable.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



Like us on Facebook!
www.facebook.com/lehilegacycenter



Follow us on Instagram!
[lehilegacy](https://www.instagram.com/lehilegacy)

LEHI RECREATION SWIM TEAM

This is a recreational swim team that teaches swimmers hard work, as well as team work. The team focuses on developing beginner swimmers and introducing them to competition. Workouts are daily for an hour to an hour and a half each day. Swimmers will work on technique with the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. They will learn workouts and compete in weekly swim meets located throughout the county. The participation requirements are very strict. Swimmers should be able to swim the required strokes "legally", meaning that in a swim meet they would not be disqualified by a stroke judge for swimming incorrectly. The season begins June 1 and ends on July 31.

PARTICIPATION REQUIREMENTS

In order to participate on the Recreation Swim Team, swimmers must tryout and meet the minimum qualifications which are:

6YRS AND UNDER

- Be able to swim 25 yards of 2 strokes legally (1 stroke will be freestyle and the second stroke will be backstroke, breaststroke or butterfly)

7YRS-8YRS

- Be able to swim 25 yards of 3 strokes legally (1 stroke will be freestyle and the second and third stroke will be backstroke, breaststroke or butterfly)

9YRS-10YRS

- Be able to swim 25 yards of 4 strokes legally (freestyle backstroke, breaststroke and butterfly)

11YRS AND UP

- Be able to swim 50 yards of 4 strokes legally (freestyle backstroke, breaststroke and butterfly)

• TRYOUT INFORMATION

Tryouts will be held May 25 & 26 from 6:00 p.m. to 7:30 p.m. There is no fee for tryouts. Swimmers who make the team will receive a pass off slip that must be presented at registration. There will be a preseason camp. See back of flyer for more details.

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.