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On Your Mark, Get Set... Register to Swim

By Gint Federas (LMYA) and Jane Daniel (MSC)



Photo Doug Kohen

Looking for spring swim clinics, swim lessons or a summer swim team program? Local public options include LMYA Dolphins and Miramonte Swim Club programs:

LMYA Dolphins, based at the Acalanes High School pool, offers April preseason stroke clinics open to all swimmers, regardless of summer team affiliation. Conducted by Acalanes High School head swim team coaches Marc Cavallero and Jeff Miller, these clinics begin on April 6 and run for 4 weeks with Mon/Wed or Tues/Thurs sessions available.

The LMYA Dolphins summer community swim team, open to swimmers age 4-18, is also coached by Cavallero and Miller who subscribe to the SWIM SMART Program which promises "success and fun." Pre-season practices start May 4th. Regular season morning age group practices begin June 15 and evening practices start June 16. Register for the pre-season clinics and swim team online at www.lmyaswim.com or in person on Thursday, March 26, from 6-9pm, in the Acalanes High School cafeteria. Please bring your checkbook and calendar.

LMYA Swim Team also offers a "Gutter Guppy" introductory program for water-safe 4-6 year olds. Evaluation and registration will be held at Acalanes High School pool on May 19 and June 1.

For more information about LMYA's swim programs go to www.lmyaswim.com, send an email to registration@lmyaswim.com, or contact Kristi Buck, Dolphins Team Director, at 925-284-4822.

Miramonte Swim Club (MSC), the only public swim team in the OMPA swim league, holds its programs at the Miramonte High School pool. MSC is currently accepting registration for its upcoming swim lessons and stroke clinics, as well as

for the summer swim team program. The swim and stroke program runs on four weekends, a total of 8 classes, between April 11 and May 10. The swim team starts May 11 with preseason workouts, and the summer season runs from mid-June to the OMPA championship in early August. There are also Junior Gator small group swim lessons for 4-8 year olds who are comfortable in the water but not strong swimmers. For more information on all of Miramonte Swim Club's programs or to register, go to www.msctswim.org. Questions? Contact co-team president Jane Daniel at (925) 376-1549.

RSFox

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