

Learn to Swim in 2009

- Florida Southern College, 111 Lake Hollingsworth Drive, Lakeland, FL
http://www.flsouthern.edu/student_life/wellnessctr/aquatics
- Swim Totts, 4706 Valley Hill Ct, Lakeland - (863) 712-7395, <http://www.swimtottsoflakeland.com>
- Swim Totts Northside, 6118 Brahman Dr, Lakeland, FL 33810-3223, (863) 815-1831
- YMCA of West Central Florida, 3620 Cleveland Heights Blvd, Lakeland - (863) 644-3528,
<http://ymcawcf.org>
- City of Lakeland Parks and Recreation, **Gandy Pool**, 404 Imperial Blvd., Lakeland, FL 33805, 863-648-3157 • **Simpson Park Pool**, 1725 Martin Luther King Ave, Lakeland, FL 33810, 863-603-6286, **Barnett Park**, 121 S Lake Ave, Lakeland, FL 33810, 863-648-3157
<http://www.lakelandgov.net/ParkRec/recreation/Aquatics.html>
- City of Bartow Parks and Recreation,
http://bartow.govoffice.com/index.asp?Type=B_BASIC&SEC=%7B1EA8CCE7-1948-40AA-9131-8716CF01624A%7D
- City of Auburndale, <http://www.auburndalefl.com/cityparks.asp>
- City of Winter Haven, <http://www.mywinterhaven.com/cs/aquatics.htm>

Swim Teams

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A variety of swim team opportunities are available around Polk County:

LAKE WALES

Lake Wales Family YMCA offers swim lessons for private individuals and groups.

There is also a YMCA Dolphins swim team for youth ages 6 to 17. The swim team program begins in May and runs through the summer with home and away meets in the Central Florida area.

Lifeguard classes are also offered.

Swimming lessons will begin following the last week of school.

For more information, call Candy Gamble at 863-676-9441.

LAKELAND

LAKELAND FAMILY YMCA, 3620 Cleveland Heights Blvd., offers three swim programs at the South Lakeland facility:

□ The Porpoise Club is a beginner swim team program where swimmers work on techniques and strokes for children ages 9 and older to train for fun and low-level fitness events against other YMCAs. Training is offered from 6:30 to 7:30 p.m. every Tuesday, Thursday and Friday at the Y.

The fee is \$30 a month for members and \$50 for nonmembers.

□ The Flamingos synchronized swim team is a competitive program for girls ages 8 to 18 at the South Lakeland YMCA. The team meets from 4 to 6 p.m. Mondays through Thursdays.

The fee is \$43 a month and swimmers must be a member of the Y to be on the team.

□ The Aqua Chicks is a beginner synchronized swimming program for children ages 6 to 18. They meet from 6 to 7 p.m. Mondays and Tuesdays.

The fee is \$18 a month for members and \$36 for nonmembers.

For more information about any of the teams, call Ruth Smith at 863-6443528.

FLORIDA SOUTHERN COLLEGE offers a summer club from the last week of school in May through July. The college offers a competitive program with home and away meets around Central Florida for boys and girls ages 5 to 18.

The club features two groups for practice with the 5- to 10-year-old swimmers practicing from 4:30 to 5:30 p.m. and the 11- to 18-year-old swimmers from 5:30 to 6:30 p.m.

The fee is \$50 a month per child with a family discount.

For more information, call Lee Stauffer at 863-680-6200.

IMPERIAL LAKES LIGHTNING SWIM TEAM is based out of the Imperial Lakes Aquatic Center at the Country Club. This is a pre-competitive, developmental and summer-level program.

The program also offers a competitive swim team for boys and girls ages 4 to 16.

Training is from 4:30 to 6 p.m. Mondays, Wednesdays and Thursdays. Meets are held on Tuesdays, Thursdays and Saturdays.

Private and group lessons are also offered.

Group lessons range from \$35 per two-week session, Monday through Thursday with Friday being a rain date. Private lessons are \$10 per half hour.

The swim team runs from March through late-September.

For more information, call 863-4254254.

LAKELAND AREA AQUATICS is a branch of T-Bay out of Tampa Bay Aquatics.

This swim program is recreational and competitive for youths ages 5 and older.

The club, which is registered with Florida Swimming and USA Swimming, trains at the Gandy Pool at the Kelly Recreation Center and at Simpson Park in Lakeland.

For most of the year, practices are from 6 to 8 p.m. Mondays through Fridays and 8:45 to 11 a.m. Saturdays.

During the summer, the club trains at Simpson Park from 8:30 a.m. to 10:30 p.m. in June and July.

Costs include an annual \$50 fee to USA Swimming. A seasonal registration fee from April 1 to Aug. 31 is \$27.50. Team dues are \$45 a month per swimmer with a one-time \$15 registration fee per family.

For more information, call Roy Wilshire at 863-581-1862.

CITY OF LAKELAND AQUATICS swim program features an age group and masters swim program at the Kelly Recreation Center in Lakeland.

Swimmers ages 4 through adult and all abilities are welcome.

The club trains year-round using the Gandy Pool and Simpson Park Pool. The club trains at different times depending on level of ability. The time range for pool practice use is 4 to 6:30 p.m. Mondays through Fridays and 8 to 11 a.m. Saturdays.

Morning practice is from 5:30 to 7:30 a.m. Mondays, Wednesdays and Fridays.

The fees are \$40 per month for beginners, \$55 per month for intermediates and \$70 per month for seniors. Masters swimmers are \$25 for month.

The annual U.S. Swimming fee is \$30 for masters and \$50 for age group swimmers for insurance purposes.

The club also has a one-time registration fee of \$25 including a shirt and cap.

For more information, call Tom Schmelz at 863-646-0377.

WINTER HAVEN

The Winter Haven Stingrays are an age-group swim team which trains at the Rowdy Gaines Pool at the Chain of Lakes Complex, 210 Cypress Gardens Blvd.

Swimmers range in age from 4 to 19 with a masters program for adult swimmers.

The youth competitive team trains from 7 to 9 a.m. and 4:30 to 6:30 p.m. Mondays through Fridays most of the year and 7 to 9 a.m. in the summer.

Practices are held twice a day during the summer from 6:30 to 8:30 a.m. and 6 to 7:30 p.m.

The Stingrays also offer a developmental program from 5 to 6:30 p.m. under Laurie Smith.

The masters program, for swimmers age 19 and older, practices at the same time as the competitive swimmers.

The fees are \$35 a month per child. There is a \$35 fee to join the team and \$50 to register with USA Swimming annually.

For more information, call Coach Jim Grazier at 863-325-8417.