



**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. Structured workouts provide instruction to meet different swimming abilities for all swimmers. Coaches are available to assist with your practice goals.

**Practices:**

Practices are held at the Lake Central Aquatic Center. There are six to seven practices offered each week, both in the morning and evening. Written workouts are provided at each practice, broken into 3 levels, designed to focus on building strength and endurance, as well as, develop stroke technique. You are not required to follow the workouts. As a member you can come to as many practices as you would like. Practice schedules can be found at [www.lcbswim.com](http://www.lcbswim.com), 'Masters' tab.

**Fees:**

Membership options offer monthly, quarterly, or semi-annually fees. Payments are due on the 1st of each month. Please see the following payment structure:

<b>LCMA PAYMENT PLANS</b>	<b>Monthly</b>	<b>Quarterly</b>	<b>Semi-Annually</b>
Individual	\$40	\$110	\$210
LCSC Employee	\$30	\$90	\$180

Questions regarding payments can be directed to the Lake Central Aquatic Director, Jeff Kilinski at [jkilinsk@lcsmail.com](mailto:jkilinsk@lcsmail.com). Payments are only accepted via checks made payable to the Lake Central Masters Association. Checks can be accepted in person or mailed to the following address:

Lake Central Aquatic Center  
 % Jeff Kilinski  
 8410 Wicker Avenue  
 St. John, IN 46373

**Requirements:**

You must be able to complete 25 yards of swimming without stopping, be at least 18 years old, and have the willingness to improve your swimming strokes and aerobic capacity.

**Location:**

The Lake Central Aquatic Center is located at 8410 Wicker Avenue, St. John, IN 46373. The pool can be entered through the door under the blue awning of the aquatics center just south of the fieldhouse. Parking is available in front of the pool entrance.

**How to Join LCMA:**

1. Complete a Background Check with the Lake Central School Corporation.

- Go to [www.lcsc.us](http://www.lcsc.us)
- Under the 'About LCSC' tab a drop down menu will appear.
- Click on Human Resources – Job Opportunities
- Click on the link for Safe Hiring Solutions located in the red box
- Select the 'employee' option.
- Please indicate The Lake Central School Corporation during the process of applying for the background check.
- You will need a debit/credit card available. The cost for the background check is \$28.00

2. Register online with LCMA. To find the online registration, go to [www.lcbswim.com](http://www.lcbswim.com), select 'Masters' tab, then 'LCMA Online Registration'.

**Trial Membership:**

We offer a one-week trial membership.

For more information about LCMA, please contact Emily Tobias at [LCMA@lcscmail.com](mailto:LCMA@lcscmail.com).