



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. Workouts are provided at each practice 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, 'Masters' tab.

Fees:

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

LCMA PAYMENT PLANS	Monthly	Quarterly	Semi-Annually
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@lcscmail.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 Door C, just south of the field house. Parking is available in front of the pool entrance.

Trial Membership:

LCMA offers a one-week trial membership.

For additional information, contact LCMA@lcscmail.com