

# Youth Swimming programs at East High for ALL Grades!

## East Scarlet Lightning Swimming

DM East High School Pool

815 E 13<sup>th</sup> Street

(Parking is on E Buchanan St)



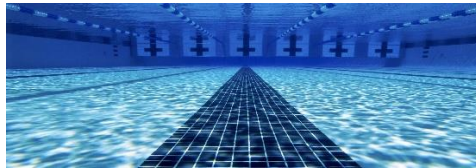
This CLUB swim team meets on Monday, Tuesday, Wednesday, and Thursday from 6:00pm-7:20pm  
Winter Session begins on January 3 and runs January 3-March

This is for boys and girls grades 1-12 (Swimmers will be assigned to small practice groups)

Cost is \$125.00 (but we will not turn any middle school student away due to the cost, if you need to make arrangements for a lower cost, or a waived fee, contact Head Coach Erin Lowe at 515-418-4205)

This program is designed to meet the needs of all swimming abilities and levels. Anyone in grades 1-12 may join. If you are interested in swimming once you get to high school, this is a great program to get you started and prepared.

## Middle School Swimming Team



Middle School Swim Team for 7<sup>th</sup> and 8<sup>th</sup> grade will Start on February 7<sup>th</sup> and run until March 10<sup>th</sup>  
Practice is at East High School on Monday, Tuesday, Wednesday, and Thursday from 4:15-5:15  
(you will need to provide your own ride)  
\$25.00 (can be waived based on need)

Any MS Student who needs equipment please notify Coach Erin Lowe at 515-418-4205 We can provide equipment

We can teach all levels of swimming, from beginners to advanced swimmers, please come and join, you will learn a lot and have FUN! This is a safe, educational, encouraging environment.

**For questions or more information on either program, please reach out to Head Coach Erin Lowe at [515-418-4205](tel:515-418-4205) or by email at [erinesa.lowe@dmschools.org](mailto:erinesa.lowe@dmschools.org)**

Registration forms will be available at all swimming practices, you may join at any practice!

