



Lakeside Aquatic Club

- Lakeside Aquatic Club is a competitive, year-round USA Swimming Club for ages 5 - 18.
- LAC has been an integral part of North Texas swimming for over 30 years.
- LAC, led by Head Coach Matt Rowe, has a dynamic coaching staff which boasts a combined total of over 75 years of professional coaching experience.
- LAC offers a quality competitive swim program designed for swimmers of all ages and abilities.
- LAC offers opportunities to compete locally at the beginner level to nationally at the senior level.
- LAC program is divided into smaller practice groups based on skill level and commitment.
- Swimming is safe, with less risk of injury than most other sports, and it will bring kids fitness and enjoyment for life!
- Evaluations held first two Mondays of each month at The Colony Pool 5- 6 p.m. Come ready to swim!
- For LAC consideration, swimmers must be able to continuously swim beginner freestyle and back stroke for 25 yards (1 length of the pool).
- Questions, contact Coach Allison Dunlap at laccoachallison@hotmail.com
- **Check out the LAC website at www.swimlac.org**