

JOIN THE LIFECENTRE SWIM TEAM

Participating in the Salt Lake Swim League
www.slsl.com

Participating Clubs

Alta Canyon

9565 S Highland Drive, Sandy
(801) 568-4600

Jewish Community Center

2 N. Medical Drive, SLC
(801) 581-0098

LifeCentre Athletic Club

9844 South 1300 East, Sandy
(801) 571-7200

Life Time Fitness

10996 River Front Pkwy, South Jordan
(801) 302-0909

Sports Mall

5445 South 900 East, SLC
(801) 261-3426

Suncrest

2016 East Village Green Circle, Draper
(801) 572-1233

LifeCentre Swim Team Preferred Swim Shop:

Aquaholics

583 Fort Union Blvd, Midvale, UT 84047
(801) 748-0588

**LifeCentre Swim Team Members receive
a 12% discount**



Head Coach

JOHN MORAN

John Moran has been the LifeCentre Summer Swim Coach for the last 11 years, and head of the Aquatics Department for the last two years.

He also helped create the Salt Lake Swim League, serving as the commissioner of the league. John is also head coach of Juan Diego and Summit Academy High Schools.

Coach John is the President of the Utah Swimming Coaches Association. He has been named the Utah High School 3-A Girls coach of the year. John has a unique style of motivating swimmers to continually improve. He also studies the sport actively and promotes the latest in stroke technique, and training & racing strategies. His love of the sport and for his teams is evident in his approach.

LifeCentre Athletic Club

SWIM TEAM

Summer 2017



Age Group Competitive Swimming

Ages 6 – 17

May 22nd – August 4th, 2017

**Beginner to Advanced Levels.
Swim Meets, Individual & Team Awards.
Team Banquet!**

LifeCentre Athletic Club

9844 South 1300 East
Sandy, UT 84094
(801) 571-7200

TEAM WORKOUTS

May 22nd through June 1st

Afternoons: Monday – Thursday

4:30 – 6:30pm

June 2nd – August 2nd

Mornings: Monday – Friday

Ages 13 – 17 8:00 – 10:00am

Ages 9 – 12 9:30 – 11:00am

Ages 8 & un 10:00 – 11:00am

Dryland: Mon / Wed / Fri

Ages 12 & up 7:00 – 8:00am



TEAM FEES

\$415 for the summer

\$25 discount for each additional child

Fees include: Team Swim Suit, Swim Cap, Team Apparel, and End of Season Awards Banquet

Payment is due at Registration

SORRY, NO REFUNDS

2017 SALT LAKE SWIM LEAGUE MEET SCHEDULE

Meet Warm Ups begin @ 4pm

Swim Meets begin @ 5pm

Thursday June 1st	Time Trials @ LIFECENTRE
Tuesday June 6 th	Life Time Fitness & Suncrest @ LIFECENTRE
Tuesday June 13 th	Alta Canyon & JCC AWAY MEET @ JCC
Tuesday June 20th	Alta Canyon & Suncrest @ LIFECENTRE
Tuesday June 27th	Suncrest & Life Time Fitness AWAY @ LIFE TIME FITNESS
Tuesday July 6 th	Summer Shake Up (all teams) AWAY @ ALTA CANYON
Tuesday July 11 th	Sports Mall & Suncrest @ LIFECENTRE
Tuesday July 18 th	Alta Canyon & Life Time Fitness AWAY @ LIFE TIME FITNESS
Tuesday July 25 th	Relay Meet (all teams) AWAY @ ALTA CANYON
Tuesday August 1 st	Mini Meet (all teams) AWAY @ SPORTS MALL
Thursday & Friday Aug 3 – 4	Salt Lake Swim League Summer Championships South Davis Recreation Center 550 North 200 West Bountiful, Utah (801) 298-6220

SWIM TEAM KICK-OFF NIGHT

Thursday April 27th

Parent Meeting: 6:00 – 6:30pm

Registration: 6:30 – 7:30pm

Meet Head Coach John Moran

Register for Swim Team

Order Team Suit & Apparel

Join the LifeCentre Athletic Club!

Club membership is required to participate on the swim team. Summer only memberships are available and club management will be on hand to assist.



Life Centre Swim Team

- Swimmer ages 5-18 (on August 3rd '17).
- 12 week season.
- 5 practices per week (M-F).
- Evening practices May 22-June 2.
- Morning practices begin June 5.
- Dues include: Team racing suit, swim cap, hooded sweatshirt with your name, 60 practices, 5 dual meets, 2 invitational meets, the Summer Championship meet, and our end of year banquet for swimmers and 2 adults per family.
- Make new friends, be with old friends, great exercise, and Summer FUN!
- First swimmer in the family-\$415.00, second swimmer-\$395.00, each additional swimmer-\$375.00.
- 60 days to pay.
- Referral rewards available.
- Kickoff night schedule:
 - 6:00pm Return Swimmers with last name beginning with A to M.
 - 6:30pm Return Swimmers with last name beginning with N to Z.
 - 7:00pm New swimmer and Parent orientation.
 - Meet in the Aerobics Room for each session.
 - Questions: Coach John Moran
 - 801-699-6751
 - johnmoran@skaggscatholiccenter.org
 - Can't make the signup: No problem. Call for an appointment and you have until June 15th to sign up.
 - Membership Required
 - Hoo Rah!
 - Coach John Moran 801-699-6751
 - johnmoran@skaggscatholiccenter.org