

The area's age group swim team,  
**the Lava Hot Springs HEAT,**  
is seeking new or returning members!

- Beginner to Advanced levels
- Fitness & fun at the Lava Indoor Aquatic Center
- Competition optional
- Affordable monthly dues with discounts available
- Tues/Thurs after school & Friday morning practice times

**Spring Season (March-May)  
begins Tuesday, March 2**

*"Do I have to be an  
expert swimmer to join?"*

Absolutely not! The HEAT has athletes of all abilities. Our goal is to improve. We learn the four competitive strokes, turns, starts, and water safety while increasing endurance and speed.

#### **Prerequisites**

- Ages 6 to 18
- Able to swim at least 25 yards backstroke and 25 yards freestyle (front crawl)
- Able to attain a back float position without assistance from anywhere in the pool
- Comfortable in deep water

For more information or an evaluation, contact Coach Karen:  
**251-5230** / karen.homstad@LHS.idaho.gov

**[www.lavahotsprings.com/swimteam.html](http://www.lavahotsprings.com/swimteam.html)**