

# Lone Star Aquatic Club

*Now accepting registrations!*



**All practices at the Round Rock Chasco Family YMCA Natatorium!**

**Swim 2, 3 or 5 days per week**

*Convenient Afternoon Practice Times!*

*Spaces are limited*

Since 1989, Lone Star Aquatic Club has offered high quality, competitive USA swimming year round. Swimmers of all ages and abilities welcome.

**Our programs emphasize:**

- Proper technique
- Conditioning
- Low coach-to-swimmer ratios
- Experienced, professional coaches
- Dryland cross training
- Fun team building social events

For more information visit our website: [www.lonestaraquatics.com](http://www.lonestaraquatics.com)  
Inquiries contact Marilyn Hill: 512-388-0712 or [mshill926@yahoo.com](mailto:mshill926@yahoo.com)

***BE A PART OF THE FUN!***  
***JOIN LONE STAR AQUATICS***