

Come make a *SPLASH* with the Lake Oswego Swim Club!



Make new FRIENDS! Learn to swim FAST! Have FUN!



Team Tryouts:

Tryouts are held at the Lake Oswego District pool. Swimmers must be able to swim 25 yards freestyle and 25 yards backstroke to try out, and should wear a swimsuit and bring a towel. For more information, visit the LOSC website at www.lakeoswegoswimclub.org or contact Dan Gipe at gipes@earthlink.net / 503-244-7349.

LOSCs innovative program:

- keeps kids engaged because it's fun
- keeps kids injury free over traditional high-yardage programs
- builds the athlete from top to bottom, both in and out of the pool
- is technique based/High Intensity Training (HIT), which is scientifically proven to be more effective than other types of training.

- **Over 28 years of swimming excellence.**
- **Highly skilled and certified coaching staff.**
- **Year-round instruction for competitive and non-competitive swimmers.**
- **Join any time during the year to improve your swimming skills and fitness.**

Swimming is considered the ideal physical activity by many experts because it:

- is low impact & reduces stress on the joints, making it the most injury free sport for children
- helps develop coordination by requiring complex muscle movements involving all parts of the body
- builds cardiac & respiratory fitness, develops aerobic endurance, and promotes muscle development
- can be a continued for a lifetime
- is a sport that children with disabilities can participate in

Benefits of swimming with LOSC:

The Lake Oswego Swim Club is a USA Swimming, year round, competitive swim team. We provide quality instruction for swimmers, from novice to nationally ranked, in a positive and challenging environment.

Ranked a Silver Medal Club and one of the Top 100 clubs in the US, LOSC is one of the premiere swim teams in the Pacific Northwest. With an unprecedented 7 National Age Group records, over 65 state records; 1st and 2nd place team finishes at numerous championship meets, and two Olympic Trials qualifiers, an LOSC swim cap is associated with excellence in swimming, not only in the Pacific Northwest, but across the United States. We are currently 120+ swimmers strong, ranging in age from 5 to 18.

***We'd love to have YOU
join our team!***



About LOSC:

Participate in up to three practices in one week *free of charge* to see if LOSC is right for you.