



## LSC Flex Membership Facts

- The Flex membership is \$20 (\$10 to the LSC; \$10 to USA Swimming) with USA Swimming covering the cost of the insurance and benefits such as a welcome edition of *Splash* magazine
- Flex, like the year-round athlete membership, is for a calendar year period. Also, like the year-round membership, individuals applying for Flex membership on or after September 1 of the current year will receive membership through December 31 of the following year.
- Depending on the program(s) a team offers, Flex members could progress from swim lessons to pre-team and then transition to year-round swimming all within the same year.
- The Flex membership is available to individuals age 18 and under (however, the expectation is that these programs will primarily serve 12 & under swimmers). This category could fill the current void between swim lessons and swim team for 5-7 year-old swimmers. Other youth sports provide participation options for this age range.
- Swimmers who move to the year-round athlete membership category within the same membership year will be able to credit the cost of the Flex membership toward the cost of their year-round membership.
- Swimmers may participate in two (2) USA Swimming sanctioned meets per membership year for meets below the LSC Championship level.