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# Life Time Hosting Exclusive Swim Clinics with Olympian Ryan Lochte

*Three-hour clinics Offer Unique Opportunity for Swimmers of All Ages to Learn from 6x Olympic Gold Medalist*

CHANHASSEN, Minn., May 29, 2024 /PRNewswire/ -- [Life Time](#) (NYSE: LTH), which operates more than 500 indoor and outdoor pools nationwide, is teaming up with world-renowned swimmer, current World Record Holder, and 12-time Olympic Medalist, **Ryan Lochte**, to offer a series of swim clinics across several of its athletic country clubs. These exclusive clinics, available for all ages, will provide a unique opportunity to learn from one of the greatest swimmers in history in partnership with Life Time's leading aquatics experts.



Upcoming clinics are scheduled at:

- **Life Time Deerfield Township (Ohio):** June 8th and 9th
- **Life Time Parker (Colorado):** June 15th and 16th
- **Life Time Vestavia Hills (Alabama):** June 22nd and 23rd
- **Life Time Cypress (Texas):** June 29th and 30th
- **Life Time McKinney at Craig Ranch (Texas):** August 3rd and 4th
- **Life Time Summerlin (Nevada):** August 10th and 11th
- **Life Time Plymouth (Minnesota):** August 17th and 18th
- **Life Time Columbia (Maryland):** September 7th and 8th
- **Life Time John's Creek (Georgia):** September 14th and 15th
- **Life Time Warrenville (Illinois):** September 28th and 29th
- **Life Time MetroWest (Boston):** October 11th and 12th
- **Life Time Troy (Michigan):** October 26th and 27th

The 3-hour clinics include in-water instruction with drills, starts and turns, plus a Q&A session, tips on nutrition, post-race recovery, injury prevention, motivation and overcoming obstacles. All swimmers in attendance will receive an autographed swim cap and picture with Ryan.


"Each year, we teach tens of thousands of kids how to swim at Life Time. Teaming up with Ryan Lochte to offer these special clinics is an honor as we to continue to help kids learn vital skills in the water," said Alicia Kockler, Life Time's Senior Vice President of Kids and Aquatics.

For more information and to register for the clinics, visit [www.lochteforever.com](http://www.lochteforever.com). Spaces are limited, so early registration is encouraged.

More information on Life Time's swim programming and pools [can be found here](#).

### **About Life Time®**

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of more than 170 athletic country clubs across the United States and Canada. The health and wellness pioneer also delivers a range of healthy way of life programs and information via its complimentary Life Time app. The Company's healthy living, healthy aging, healthy entertainment communities and ecosystem serve people 90 days to 90+ years old and is supported by a team of more than 39,000 dedicated professionals. In addition to delivering the best programs and experiences through its clubs, Life Time owns and produces nearly 30 of the most iconic athletic events in the country.

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