

# Recreation

## LR's Lucy wins national title in backstroke

BY ELLEN G. LAMPKINS  
Democrat Staff Writer

Two Arkansas Masters Swim Club members recently finished as medalists in the 1991 U.S. Masters Longcourse Championships in Elizabethtown, Ky.

Steve Lucy of Little Rock was the national champion in the 100-meter backstroke with a time of 1:08.2.

The 30-year-old also placed second in the 50-meter backstroke (31.7), third in the 200-meter backstroke (2:30.2), fourth in the 100-meter freestyle (58.4) and sixth in the 200-meter individual medley (2:26.4).

Marvin Schwartz of Conway was the runner-up in the 1,500-meter freestyle event with a time of 18:57.21.

The 42-year-old also placed third in the 400-meter freestyle (4:43.47), seventh in the 200-meter freestyle (2:17.21) and 11th in the 100-meter freestyle (1:03).

More than 800 swimmers ages 25-88 from around the country participated in the three-day meet.

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The North Little Rock Boys and Girls Club, 1212 Maple St., offers the following times Monday through Friday for adults to use the indoor swimming pool for exercise or therapy:

- Men from 11:30 a.m. to 1 p.m., and women from 1:15-2:30 p.m. during the week.

- Working adults both men and women may use the pool on Monday, Wednesday and Friday from 6-8 p.m.

The fee is \$20 per month and \$15 for senior citizens.

For more information, call Chris Cantwell at 374-0309.

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Paul Blair, the head coach of the Little Rock Racquet Club's Dolphin swim team, left Tuesday for the U.S. Aquatics Convention in Louisville, Ky.

Coaches and people interested in all disciplines of water sports meet annually to

discuss the hot topics in their area of expertise.

Blair, who also is a member of U.S. Swimming's Olympic committee, said his topics of interest include the upcoming national and international season and rules and the amateur status of top swimmers.

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Here is a schedule of lessons with Paul Blair's swimming school at the Little Rock Racquet Club through May 1992.

Private lessons will be offered for all levels of swimming from infant to national competitor.

"The best way to learn any skill is in a one-on-one teaching situation," Blair said.

The lessons are designed to meet a swimmer's needs and also fit his schedule. The four half-hour classes are available from 7 a.m. to 9 p.m. daily.

Private lessons are \$70 for members and \$80 for non-members.

Group lessons for ages 3 to 7 start on the first of each month. The four one-hour classes meet once a week.

The class times are 11 a.m. to noon, Monday through Thursday.

"Students are placed in groups based on age and ability," Blair said. "Classes are designed to give each child individual instruction with a student-teacher ratio of six to one."

The group fee is \$50 for members and \$60 for non-members.

"Big D," a beginning and developmental program, teaches swimming skills and stroke technique while having fun at the same time, Blair said.

Fun and Fit I and II are intermediate programs that teach proper technique in all four strokes: freestyle, backstroke, breaststroke and butterfly; with focus on building and developing strength, aerobic conditioning and motor skill coordination.