

Aquatics

Spring & Summer Programs

WILMOT COMMUNITY POOL AQUATIC PROGRAMS

PROGRAM REGISTRATION DATES SPRING PROGRAMS

MASS REGISTRATION:

Tuesday March 9 in-person at the Wilmot Recreation Complex beginning at 7:00 p.m.

NOTE: This date is reserved for Wilmot Township residents ONLY. Non-residents MUST wait until March 10th.

PHONE-IN and IN-PERSON:

Wednesday March 10 phone-in registration and in-person registration at Wilmot Community Pool begins.

SUMMER PROGRAMS-

MASS REGISTRATION

Tuesday, June 15 in-person at the Wilmot Recreation Complex beginning at 7:00 p.m. **NOTE: This date is reserved for Wilmot Township residents ONLY. Non-residents MUST wait until June 16th.**

NOTE: This date is reserved for Wilmot Township residents ONLY. Non-residents MUST wait until June 16th.


PHONE-IN and IN-PERSON:

Wednesday June 16 phone-in registration and in-person registration at Wilmot Community Pool begins.

REGISTRATION INFORMATION

There are two methods of registration to choose from:

 REGISTER IN PERSON

 CALL THE POOL OFFICE (519-662-2461) to reserve a spot. Payment must be made **in person** at the pool office within seven days or your spot may be forfeited to another person.

PAYMENT

Payment can be made by using cash or cheque.

Please Note: Post-dated cheques WILL NOT be accepted for payment of Wilmot Community Pool programs.

* A \$30.00 service fee applies to all N.S.F. cheques.

FAMILY RATE FOR LESSONS

A Family Rate applies to Learn To Swim Lessons for families with 3 or more children. The two most expensive levels

are at full price and the remaining registrations will receive 20% off their registration. This rate does not apply to Leadership Classes, Adult Classes or Specialty Classes.

PROGRAM ASSISTANCE

Wilmot Community Pool will not refuse admission to our Learn to Swim programs due to lack of funds. Please contact the Aquatics Manager for more information. All inquiries are confidential.

NON-RESIDENT/RATEPAYER FEE

An additional 20% will be charged to the total registration fee for participants who reside outside Wilmot Township. Participants who do not live in the Township but pay taxes to Wilmot Township should bring in their Tax Form when they register, to avoid paying this additional fee.

REFUNDS/LETTERS OF CREDIT

Please complete a Request for Refund/Letter of Credit Form. Requests will be issued up to the fourth lesson. The amount is prorated based on the number of lessons that have passed in the session, not the number of lessons attended. An additional \$8.00 administrative fee will apply for refunds. A refund may take up to 6 weeks to be delivered. Full refunds will only be issued if management cancels the program.

PROGRAM CANCELLATIONS:

Please be aware, classes may be cancelled due to insufficient registration. Staff members will attempt to reach persons registered in cancelled programs by phone. Participants will be given the option to move to another time, take a letter of credit or a refund.

ABSENTEE POLICY

Students must attend only the class in which they are formally registered. We regret we cannot accommodate requests for make up classes at other times.



POOL CLOSURE DATES

All Programs and Recreational Swims will be cancelled on the following days:

Maintenance Shut Down:

March 22-26

Good Friday - April 2

Easter Sunday - April 4

Victoria Day - May 24

Canada Day - July 1

POOL RENTALS

Wilmot Community Pool rentals are based on one hour of pool use and include the lifeguards and use of pool equipment. Please contact the Aquatics Manager for rental times or to book the pool.

COST:

\$105.00 plus applicable taxes per hour for groups of 50 or less.

For groups greater than 50, an extra \$19.00 plus applicable taxes per required lifeguard will be added.

PERSONAL BELONGINGS

Staff are not allowed to accept personal belongings for safekeeping. All patrons are warned that valuables and belongings should not be left unattended. Take precautions by using the lockers, leaving the items at home or take the items to the deck and leave within your view. **The Township of Wilmot is not responsible for lost or stolen items.**

THE DECK AREA

Strollers are not permitted on the deck. Please NO street shoes past the painted yellow line. In accordance with the Ontario Health Regulation, Food and Drinks are not permitted on deck.

VOLUNTEERS NEEDED

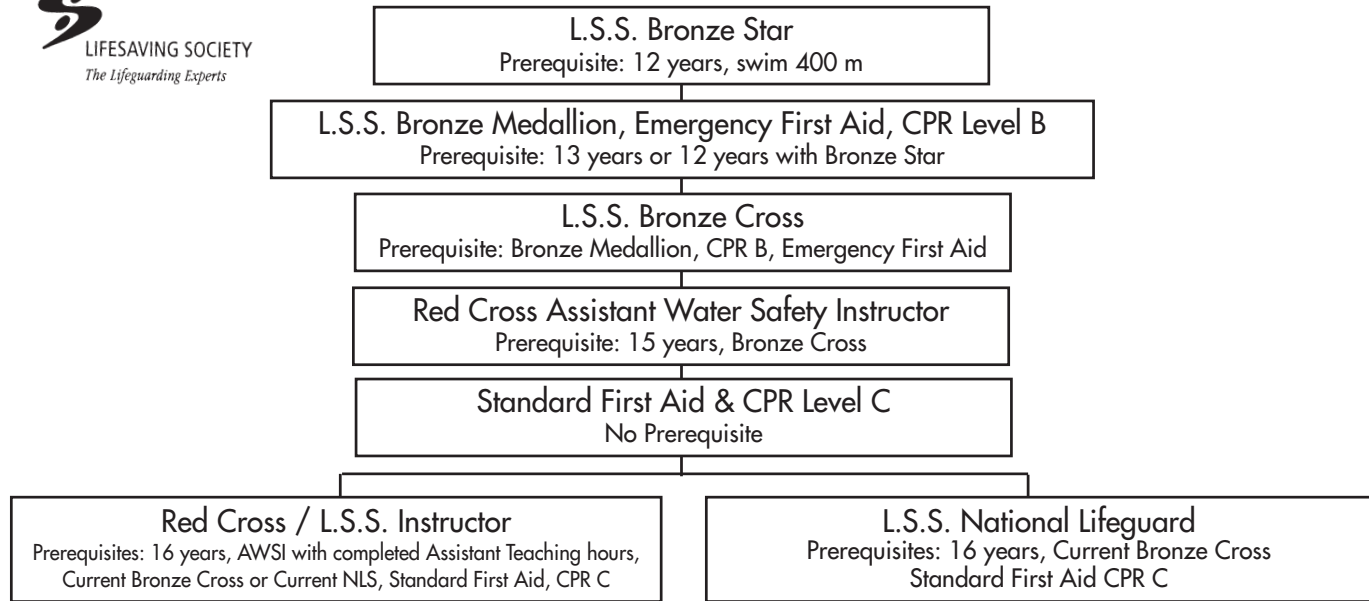
If you are 12 years of age and hold your Swim Kids 10 Badge or are a "Water Confident" parent of a program participant we would appreciate your volunteer services. Volunteers are required to be available for the entire session. Please complete a Volunteer Application Form and a staff member will contact you to set up your shift.

Aquatics

Leadership & Adult Program Information



LEADERSHIP COURSES - WHERE DO I GO FROM HERE?



LEVEL	PRE-REQUISITES	DAY & TIME	COST
BRONZE STAR - A Pre-Bronze course that develops problem-solving and decision-making skills as individuals and in partners.	- 12 Years - ability to swim 400 m.	Friday 5:30 - 6:45 p.m. Spring: April 9 - June 11 Summer: July 9 - Sept. 3	Spring: \$70.00 Summer: \$63.00 plus exam fee
BRONZE MEDALLION & EMERGENCY FIRST AID develops lifesaving & leadership skills including good decision-making. General First Aid and CPR - Level B	- 13 Years OR - 12 years of age with Bronze Star	Thursday 4:45 - 7:30 p.m. Spring: April 8 - June 10 Exam - June 12, 4:30 p.m. Summer: July 8 - Sept. 2 Exam - Sept. 4, 9:00 a.m.	Spring - \$120.75 Summer - \$108.68 plus exam fee and Lifesaving Society Manual
BRONZE CROSS & CPR LEVEL C develops training that is more advanced. This course is the prerequisite for all advanced training awards.	- Current Bronze Medallion - Emergency First Aid, - CPR - Level B	Thursday 4:45 - 7:30 p.m. Spring: April 8 - June 11 Exam - June 13, 4:30 p.m. Summer: July 8 - Sept. 2 Exam - Sept. 4, 4:30 p.m.	Spring - \$120.75 Summer - \$108.68 plus exam fee
RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR develops instructional leadership skills through attending their own class as well as assisting with Red Cross Aqua Quest lessons. This course is the prerequisite for the instructors award.	- 15 years - Current Bronze Cross - Swim Kids Level 10 or equivalent Full attendance is required	Plus a minimum of 20 hours of volunteer hours in addition to class time. Spring: March 27, 28 & May 2 and 30 from 9 a.m. - 6 p.m. Summer: Not Available	Spring - \$135.86 plus materials Summer not Available
RED CROSS WATER SAFETY INSTRUCTOR / LSS INSTRUCTOR COURSE This program provides the training required to teach most levels Red Cross & LSS Courses.	- 16 years - Current Bronze Cross or NLS Award - Current AWSI plus 20 hours Assistant Teaching hours Full attendance is required	Spring: March 15, 16, 17, 18, 19 2010 from 8:00 a.m. - 5:30 p.m.	Spring - \$200.00 plus materials

**** IMPORTANT** - 100% attendance is suggested for all leadership classes. Age requirements are strictly upheld. Exam dates are subject to change.

Aquatics

Wilmot Community Pool Learn-To-Swim

AQUA ADULTS LEARN TO SWIM LESSONS

This program is designed for adults and teens of all swim abilities. Each class consists of water safety and practical work that will help the participant to reach their goal of Learning to Swim, Stroke Correction, or Swimming for Fitness.



Spring Monday April 6 - June 14, 7:45 p.m. **or** Friday April 8 - June 11, 6:45 p.m. **Cost:** \$65.10
Summer Monday to Friday - July 19 - 30 **or** August 16 - 27, 8:15 a.m. **Cost:** \$65.10
or Monday July 5 - Aug. 30, 6:45 p.m. **Cost:** \$58.59

PRIVATES AND SEMI-PRIVATES

A private lesson may be what your child needs to complete a badge or learn a new skill. Due to the popularity of this lesson, private lessons may be booked for a single lesson or in increments up to 5 lessons. If you have two or more children requiring private lessons, our Instructors are able to teach two or more children of similar abilities in a Semi-private lesson. Please contact the Aquatics Manager to arrange your lessons. **Privates must be pre-paid and are subject to the absentee policy.**

COST: Private Lessons - \$18.00 per 1/2 hour Semi-private Lesson - \$13.00 per person per 1/2 hour

SUMMER DROP-IN WATER ACCOMMODATION CLASSES

These 1/2 hour classes are ideal for busy people or those who are unable to participate in the formal swimming lessons. Participants in these classes will not be working towards a swimming badge. Participants will be assigned to a class based on swim ability, beginners, shallow-water swimmers and deep-water swimmers. Spaces may be booked in advance by calling 519-662-2461. If you choose to drop in for a class, arrive early, as space is limited for each class time.

COST: \$5.40/lesson

Tuesday - July 6 - August 31 at 4:30 and 5:00 p.m. **or** Thursday - July 8 - September 2 at 4:00 and 4:30 p.m.

WHAT LEVEL DO I REGISTER MY CHILD IN?

If they ...	Then register in...
Are 6 months or older, able to hold their head up, and participating with a parent or caregiver...	Starfish
Are 16 months of age or older, and participating with a parent or caregiver...	Duck
Are 24 months of age or older, and participating with a parent or caregiver...	Sea Turtle
Are between 3 and 5 years of age and just starting out and require a parent in the water...	Turtle
Are between 3 and 5 years of age. Can comfortably move and float with assistance, and put their face in the water...	Salamander
Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PDF, perform rhythmic breathing 3 times	Sunfish (age 3-5) or Red Cross Kids Level 1
Can jump into chest deep water, do front and back floats and recover in deep water, do surface support for 5 seconds and swim on front for 2 metres	Crocodile (age 3-5) or Red Cross Swim Kids Level 1
Can float/move in deep water with assistance; breathe rhythmically 10 times; flutter kick while gliding on front, back and side; do surface support for 10 seconds and swim 5 metres continuously	Whale (age 3-5) or Red Cross Kids Level 2
Are comfortable in deep water; can breathe rhythmically 15 times; do front crawl at least 5 metres, arms recovering above water and swim 15 metres continuously	Red Cross Kids Level 3
Can swim front crawl at least 10 metres while comfortably breathing to the side; and swim 25 metres continuously	Red Cross Kids Level 4
Can tread water (1:00); swim front crawl at least 15 metres; swim back crawl at least 15 metres, arms recovering above the water; and swim 50 metres continuously	Red Cross Kids Level 5
Can swim efficient front and back crawl at least 25 metres; perform the whip kick on the front and back at least 10 metres; and swim 75 metres continuously	Red Cross Kids Level 6
Can swim front crawl and back crawl at least 50 metres; swim coordinated elementary backstroke and breaststroke at least 15 metres; and swim 150 metres continuously	Red Cross Kids Level 7
Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; and swim 200 metres continuously	Red Cross Kids Level 8
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke at least 50 metres; swim coordinated sidestroke at least 15 metres; perform dolphin kick at least 10 metres; and swim 300 metres continuously	Red Cross Kids Level 9
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke at least 50m; swim 400m continuously	Red Cross Kids Level 10
Are an adolescent or adult interested in participating in a swimming and water safety program, based on their own abilities, interests and goals	AquaAdults 1, 2 or 3

Aquatics

Wilmot Community Pool Learn-To-Swim Schedule

SPRING 2010 SESSION (10 lessons)

LEVEL	Cost & Class Length	MONDAY April 5 - June 14	TUESDAY April 6 - June 8	WEDNESDAY April 7 - June 9	FRIDAY April 9 - June 11	SATURDAY April 10 - June 12
Starfish Tots 6 to 15 months with parents	\$60.00 30 mins.	6:15 p.m.	N/A	N/A	10:30 a.m.	9:00 a.m.
Duck Tots 16 to 24 months with parents	\$60.00 30 mins.	7:15 p.m.	10:30 a.m.	6:15 p.m.	N/A	N/A
Sea Turtle 25 to 36 months with parents	\$60.00 30 mins.	N/A	2:30 p.m.	5:30 p.m.	6:00 p.m.	9:45 a.m.
Turtle 3 to 5 yrs. of age with parents	\$66.00 45 mins.	4:45, 6:15 p.m.	10:30 a.m.	3:45, 5:15 p.m.		10:30 a.m.
Salamander/ Sunfish 3 to 5 yrs. of age	\$66.00 45 mins.	10:30 a.m., 1:00, 4:30, 5:15, 6:15, 7:00 & 7:45 p.m.	1:00 & 2:30 p.m.	3:45, 4:30, 5:15, 6:00 & 6:45 p.m.	10:30 a.m., 1:00, 4:30, 5:15 p.m.	9:00, 9:45, 11:00 a.m.
Crocodile/Whale 3 to 5 yrs. of age Completed previous level	\$66.00 45 mins.	10:30 a.m., 1:00, 5:15 & 7:45 p.m.	N/A	4:45 & 6:00 p.m.	1:00 & 6:45 p.m.	10:15 a.m.
Levels 1, 2 6 years of age or completed required preschool level	\$62.00 45 mins.	4:30, 5:30 & 7:00 p.m.	1:45 p.m.	4:30, 6:00 p.m. & 6:45 p.m.	4:30 p.m.	9:30 & 11:00 a.m.
Levels 3 & 4 completed previous level	\$62.00 45 mins.	4:45, 6:15 & 7:00 p.m.	1:00 p.m.	4:00, 5:15 & 6:45 p.m.	4:30 p.m.	9:00, 9:45, 10:30 & 11:15 a.m.
Levels 5 & 6 completed previous level	\$62.00 45 mins.	5:15, 6:15, 7:00 & 7:45 p.m.	1:45 p.m.	4:00, 4:45, 6:00 & 6:45 p.m.	6:45 p.m.	9:00, 10:30 11:15 a.m.
Levels 7 & 8 completed previous level	\$62.00 45 mins.	4:30 & 7:45 p.m.	N/A	4:30, 5:15, 5:15 p.m.	5:15 p.m.	9:45 & 11:15 a.m.
Levels 9, 10 completed previous level	\$62.00 45 mins.	5:30 p.m.	N/A	3:45 & 6:45 p.m.	6:00 p.m.	9:00 a.m. & 10:15 a.m.

- **Classes will not be held Monday, May 24th**
- **The Learn-to-swim schedules are subject to change due to programming needs.**



Classes may be cancelled due to lack of registration. Please register early for your desired class in order to avoid disappointment.

HOW TO HAVE SUCCESSFUL SWIMMING LESSONS

- Visit the pool before swimming lessons start. Give your child a tour of the facility.
- Have fun and swim with your child during a recreational swim prior to beginning lessons and practice skills they already know
- Set realistic expectations with your child and allow your child to feel that there are no expectations to receive a badge. Swimmers often need more than one set of lessons in order to gain the skills that will allow them to complete a level
- Make sure you bring any concerns to the instructor in a timely manner
- If your child has a medical concern or a learning challenge, please speak to the instructor at the first lesson

LESSON INFORMATION

- Please return your most recent progress card to your Swimming Instructor. These will be updated and returned on the last lesson
- Participants will be screened on the first lesson to ensure they are enrolled in the appropriate level. We will do our best to get your child into the appropriate level. Unfortunately, we cannot guarantee that a space in the level you require will be available during your current lesson time.
- Each swimming level has items that must be completed correctly a minimum of 3 times on separate lessons in order for that item to be complete. (According to the standards set by the Red Cross) Attendance is important in your child's success in the program.

Aquatics

Wilmot Community Pool Learn-To-Swim Schedule

DAILY MORNING (10 lessons)

WEEKLY EVENING (9 lessons)

LEVEL A Daily Morning	Cost & Class Length	A1 July 5 - July 16 or A3 Aug. 2 - Aug. 13	A2 July 19-30 or A4 August 16-27	LEVEL B Weekly Afternoon and evenings	Monday July 5 - August 30	Wednesday July 7 - Sept. 1	Friday July 9 - Sept. 3
Starfish Tots 6 to 15 months with parents	\$60.00 30 mins.	8:15 a.m.	N/A	\$54.00 30 mins.	N/A	5:45 p.m.	N/A
Duck Tots 16 to 24 months with parents	\$60.00 30 mins.	N/A	9:00 a.m.	\$54.00 30 mins.	6:15 p.m.	N/A	N/A
Sea Turtle 25 to 36 months with parents	\$60.00 30 mins.	9:00 a.m.	8:15 a.m.	\$54.00 30 mins.	6:45 p.m.	5:15 p.m.	N/A
Turtle 3 to 5 years of age with parent	\$66.00 45 mins.	10:30 a.m.	10:30 a.m.	\$59.40 45 mins.	5:15 p.m. & 6:45 p.m.	3:30 p.m. 6:30 p.m.	N/A
Salamander/Sunfish 3 to 5 years of age	\$66.00 45 mins.	8:15, 9:00, 9:45 & 10:15 a.m.	8:15, 9:00, 9:45 a.m.	\$59.40 45 mins.	4:30, 5:15 & 6:45 p.m.	3:30, 4:15, 5:00, 5:45 p.m.	4:30 p.m.
Crocodile/Whale 3 to 5 years of age and Completed Previous Level	\$66.00 45 mins.	9:30 a.m.	9:30 a.m.	\$59.40 45 mins.	3:45 & 4:30 p.m.	4:15 & 6:30 p.m.	6:45 p.m.
Levels 1, 2 6 years of age and Completed Previous Level	\$62.00 45 mins.	8:15, 8:45 & 9:45 a.m.	9:00 & 10:15 a.m.	\$55.80 45 mins.	3:45 & 6:00 p.m.	3:30 & 5:45 p.m.	6:45 p.m.
Levels 3, 4 Completed Previous Levels	\$62.00 45 mins.	9:00 & 10:30 a.m.	8:15, 9:45 10:15 a.m.	\$55.80 45 mins.	4:30, 5:15 & 6:00 p.m.	3:30, 5:00 & 6:30 p.m.	4:30 p.m.
Levels 5, 6 Completed Previous Levels	\$62.00 45 mins.	8:15, 9:45 & 10:30 a.m.	8:45, 9:45 10:30 a.m.	\$55.80 45 mins.	3:45 & 6:00 p.m.	4:15 & 5:00 p.m.	5:15 p.m.
Levels 7 & 8 Completed Previous Levels	\$62.00 45 mins.	8:15 & 9:30 a.m.	9:00 & 10:30 a.m.	\$55.88 45 mins.	3:45 & 5:15 p.m.	4:15 & 5:45 p.m.	6:00 p.m.
Levels 9 & 10 Completed Previous Levels	\$62.00 45 mins.	9:00 & 10:15 a.m.	8:15 & 9:30 a.m.	\$55.80 45 mins.	4:30 p.m.	6:30 p.m.	N/A

Classes may be cancelled due to lack of registration. Please register early for your desired class in order to avoid disappointment.



The Mortgage Centre

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Aquatics

Wilmot Community Recreational Swim Schedule

SPRING SCHEDULE - Effective until June 30, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim * Shared Pool	6:45 - 7:45 a.m.* 11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	6:45 - 7:45 a.m.* 11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	6:45 - 7:45 a.m.* 11:15 - 12:40 p.m.	12 - 1 p.m.	1 - 2 p.m.
Family Swim*	Youth 17 years and younger are required to be accompanied by an Adult 18 years or older		10:30 - 11:15 a.m.	12:45 - 1:30 p.m.		3:30 - 4:30 p.m.	
Open Swim					7:30 - 9:00 p.m.	1 - 3 p.m.	2 - 4 p.m.
Aquafit	9:30 - 10:30 a.m.	9:30 - 10:30 a.m. 7:35 - 8:30 p.m.	9:30 - 10:30 a.m. 7:35 - 8:30 p.m.	9:30 - 10:30 a.m. 7:35 - 8:30 p.m.	9:30 - 10:30 a.m.		
March Break Open Swims	Mar. 15 1 - 3 p.m.	Mar. 16 1 - 3 p.m.	Mar. 17 1 - 3 p.m.	Mar. 18 1 - 3 p.m.	Mar. 19 1 - 3 p.m.		

SUMMER SCHEDULE - Effective until July 2 - September 5, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim * Shared Pool	6:45 - 7:45 a.m.* 11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	6:45 - 7:45 a.m.* 11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	11:15 - 12:40 p.m. 8:30 - 9:30 p.m.	6:45 - 7:45 a.m.* 11:15 - 12:40 p.m.	12 - 1 p.m.	1 - 2 p.m.
Open Swim	1 - 3 p.m. 7:30 - 8:30 p.m.	1 - 3 p.m.	1 - 3 p.m.	1 - 3 p.m.	1 - 3 p.m. 7:30 - 9:00 p.m.	1 - 3 p.m.	2 - 4 p.m.
Family Swim+		5:30 - 6:30 p.m.		5:00-6:00 p.m.		3:30 - 4:30 p.m.	
Aquafit		7:35 - 8:30 p.m.	7:35 - 8:30 p.m.	7:35 - 8:30 p.m.			

2010 ADMISSION RATES +Family Swim - Youth 17 years & younger are required to be accompanied by and supervised by an adult 18 years or older

Pay-as-you-go <i>Prices are subject to change. Plus applicable taxes</i>		Admission Tickets		Aquafit	
Under 3 years	Free	Youth 10 Visits	\$25.74	Pay-as-you-go	\$5.87
Youth (3 to 17 yrs.)	\$2.86	Adult 10 Visits	\$36.36	10 Visits	\$36.36
Adult (18 years +)	\$4.04	50 Visits - All	\$141.40		
Family (2 adults/2 children under 18)	\$12.28	100 Visits - All	\$242.40		
Each additional child	\$1.19				
Spring Weekday Family Swim	\$1.90 /person				

SAFE SWIMMING IS IMPORTANT TO US.

ADMISSION POLICY FOR RECREATION SWIMS

WCP staff members are experts trained in aquatic emergencies. They are required to supervise all patrons in the pool and cannot act in a child care capacity. Parental supervision of all children under 10 years of age is strongly recommended during all pool visits.

Children aged 7 and under and children 8-10 years who are weak or non-swimmers

- Must be accompanied by a responsible parent or guardian 13 years of age or older who is responsible for their direct supervision. A maximum of 2 children for each parent/guardian.
- Children wearing personal flotation devices (water wings, lifejackets etc) must be supervised at all times

Children aged 8 to 10 years of age who are strong swimmers

- May be admitted into the pool without direct supervision provided they are able to demonstrate the ability to pass the Aquatic Swim test. This test consists of a 25 meter swim completed comfortably by the swimmer without stopping or putting their feet on the bottom.
- Parents/Guardians must remain in the facility until the swim test is completed successfully. If the child is unable to complete the swim test, the Parent/Guardian will be required to participate with the child.

"Direct supervision" is defined as being in the water and able to render immediate assistance.

Persons who have known seizure disorders or other serious medical disorders are at greater risk while swimming. Those individuals should be accompanied and supervised by another individual knowledgeable of their condition.

Aquatics

Wilmot Community Pool

OOPS, ACCIDENTS HAPPEN! - Please read this if your child is taking part in any of our Wilmot Community Pool programs!

Pool Foulings cause the pool to be closed. Help us keep our pool germ free by:

- Please don't swim when you have diarrhea or if you feel unwell. This is very important for children in diapers.
- Washing your body thoroughly with soap and water before entering or re-entering the pool
- Washing your hands in soap and water after using the washroom or changing diapers.
- Do not spit in the pool. In fact, avoid getting water in your mouth
- Wait as least 1 hour after eating before swimming
- Take your child to the bathroom before entering the pool, and frequently during your pool visit.
- Children not toilet trained must wear swim pants made for swimming, regular diapers are not permitted.
- The pool will be closed a minimum of 1 hour for formed fecal matter and vomit and 12 hours for Diarrhea (liquid stool)



WILMOT AQUATIC ACES SWIM TEAM

JUNIOR ACES - Level One, Two & Three

The Wilmot Aquatic Aces offer three levels in their Jr. Aces Program.

Basic skill development for freestyle, and backstroke as well as dives and streamlining are covered in level one.

Breaststroke and butterfly are developed in level two, with a continuation of dives, turns and skill improvement as well.

Level three works on continued improvement of dives, turns and all four strokes and introduces swimmers to the individual medley.

Level one swims twice a week for half an hour. Level two swims twice per week for 45 mins and level three swims twice per week for a full hour. All these levels are geared to the 12 and under swimmer. These levels compete in Aqua 7 meets only. Program is run in 4 sessions through the season.

ACES Intermediate Levels

Teal, White, Green, Black, Black+ & Gold

The Aces swim in 6 levels which allow our athletes to progress to the best of their abilities from introductory meets to national level meets. Proper technique in all four competitive strokes, starting, turning, and streamlining skills are taught by our coaching staff. Dryland training is also included as part of the program. Practices run anywhere from three to six days per week depending on level.

VARSITY *New Program!*

Varsity is for those 13-17 who wish to stay in shape through swimming. This program offers 2 or 3 days swimming per week.

MASTERS

This program is for mature swimmers, 18 years and older who wish to swim for exercise & conditioning. All four strokes will continue to be covered. Participants may choose to compete at Master offered meets.

Program is offered 4 days a week with your choice of two or more sessions per week.



SWIMMERS WITH A DISABILITY (SWAD)

We welcome all participants with physical or intellectual disabilities to our program.

Please note that our club has open registration for the entire season. New swimmers are welcome anytime and our junior members start as young as four years of age.

CALL FOR YOUR FREE SWIM TRYOUT WITH THE CLUB 519-662-4743

Registration: online at acesswim.ca or contact Tammy Funk at 519-662-4743 or Joni (head coach) at jmsand@sympatico.ca for more info.

Head Coach: Joni Maerten-Sanders, NCCP Certified, Ontario Swim Coaches Association, and Canadian Swim Coaches Association.

Club President: Jackie Buehlow
Vice President: Pam Whiteside

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