

ROC

Clarington Swim Club

PO Box 95, 41 Temperance St., Bowmanville, Ontario L1C 3A0

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Ontario Incorporation # 74168

Two options available to help your child learn to swim!

1) Swim Fundamentals for 4-7 years old

Swim Fundamentals lessons are 1/2 hour long and your child's instructor would be one of the best swimmers in Clarington (a senior swimmer from the Clarington Swim Club). Lessons are held at the Alan Strike Aquatic Centre, 49 Liberty St, Bowmanville.

Swim Fundamentals lessons (each is 1/2 hour long) are offered:

Fall 2016 commencing Sept 12th

Mon 5:45 or 6:15pm

Wed 5:45 or 6:15pm

Fri 5:45 or 6:15pm

You register for as many Swim Fundamentals lessons as you would like, and as often per week as you would like (many people start with 8 lessons over 4 weeks, but some do a lot more, it is completely up to you). The cost is \$10 per lesson and there is an additional \$45 registration/insurance fee on your first registration.

From Swim Fundamentals your child would move to our Novice program, and is promoted as soon as s/he is ready.

2) Novice Swimming for 5-12 years old

Each Novice session lasts 7 or 8 weeks and the session dates for 2016-2017 are:

Session 1 – 7 weeks – Sept 12 to Oct 30

Session 2 – 8 weeks – Nov 1 to Dec 22

Session 3 – 7 weeks - Jan 9 to Feb 26

Session 4 – 8 weeks – Feb 27 to Apr 30 (no practices March break)

Session 5 – 7 weeks – May 1 to Jun 19

The Novice practice times for the 2016-2017 regular season are:

Monday 6-6:45pm or 6:45-7:30pm

Wednesday 6:00-6:45pm

Friday 6:00-6:45pm

Saturday waterpolo 5:00-6:00pm (for 9 years and older please)

Sunday 5:15-6:00pm

The Novice practice times for the 2017 Summer Session 5 weeks Jun 19 – July 21 are:

Monday through Thursday from 5:15-6:00pm

Swimmers can enter the Novice program:

- from the ROC Swim Fundamentals program
- from Red Cross (Level 3-5 recommended),
- with no previous experience as long as they are able to swim a length (25m) unassisted and are comfortable under water and in deep water.

Your swimmer is put in a group with other children at the same level. The coach to swimmer ratio is 1/8. They spend the entire 45 minute practice in the water learning to swim, and they learn quickly. The coaches are former competitive swimmers and know how to challenge and motivate your child.

Your swimmer can come to **as many practices per week** as you want. We recommend a minimum of two per week, but you can come to all four available plus waterpolo. The cost for the 7-week program is \$185 and the 8-week program is \$199. There is an additional \$45 registration/insurance fee when you first join the Club (good until July 31, 2017).