



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 3-7 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 Clarington Fitness Centre, 49 Liberty St, Bowmanville.

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

Fall 2015 commencing Sept 14th

Mon 5:15, 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 2015-2016 are:

Session 1 – 7 weeks – Sept 14 to Oct 30

Session 2 – 7 weeks – Nov 1 to Dec 19

Session 3 – 8 weeks - Jan 3 to Feb 27

Session 4 – 8 weeks – Feb 28 to Apr 30 (no practices March break)

Session 5 – 7 weeks – May 1 to Jun 16

Summer Session tbd

Swimmers can enter the 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.

The **Novice** practice times (each is 45 minutes long) are:

Fall 2015 commencing Sept 14

Monday 5:15 or 6:00pm

Wed 6:00pm

Fri 6:00pm

Sat 5:15pm

Sun 5:15pm

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. The cost for the 7-week program is \$170 and the 8-week program is \$185. There is an additional \$45 registration/insurance fee when you first join the Club (good until July 31, 2016).