

ROC

Clarington Swim Club
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Not for Ontario Profit Incorporation # 741685

3 options available to help your child learn to swim:

1. Swim Fundamentals for 4-7 years old

Swim Fundamentals lessons are ½ 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 Street, Bowmanville.

Swim Fundamentals Lesson Availability:

Monday, Wednesday, Friday: 5:45-6:15pm or 6:15-6:45pm

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 more or less, its up to you). These lessons are booked on a first come first serve basis. **There are no refunds for cancellations on this program as it is in very high demand.**

The cost is \$10 per lesson booked and there is an additional \$45 Annual Registration/Insurance fee that is paid with your first booking and is valid from September-July 2018.

2. Novice Swimming for 5-12 years old

Each Novice session lasts 7 or 8 weeks and the session dates for 2017/2018 are:

Session 1 – 8 weeks - Sept 11th-Nov 3rd

Session 2 – 7 weeks - Nov 6th-Dec 22nd

Session 3 – 7 weeks - Jan 8th-Feb 23rd

Session 4 – 8 weeks - Feb 26th-Apr 27th

Session 5 – 7 weeks - Apr 30th-June 14th

The Novice practice times for the 2017/2018 regular season are:

Monday 6:00-6:45pm

Wednesday 6:00-6:45pm

Friday 6:00-6:45pm

Saturday Waterpolo 9:00-10:00am

Swimmers can enter the Novice program:

- From ROC Swim Fundamentals Program
- From Red Cross (Leve 3-4 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 approximately 1:8.

They spend the entire 45 minutes in the water learning to swim, and they learn quickly. The coaches are current or 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 2 per week, but you can come to all 4 plus available Waterpolo. The cost for a 7 week program is \$190 and the 8 week program is \$210. There is an additional \$45 Annual Registration/Insurance fee when you first join the club (good until July 31, 2018)

3. Clarington Swim Club Private Coaching

One on one coaching for families looking to have their swimmer gain more individualized time. These 1 hour lessons will be used to teach and improve Competitive Swimming skills using a program that is adapted to the swimmers ability level. The lessons will be coached by current or former competitive swimmers who know how to challenge and motivate your child.

Sunday – 3:00-4:00pm

The cost is \$40 per 1 hour lesson. There is flexibility to double up your children for a 1:2 or 1:3 ratio for \$10 per swimmer extra for each 1 hour lesson. There is an additional \$45 Annual Registration/Insurance fee (per swimmer) when you first join the club (good until July 31, 2018)