

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 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 N., adjacent to the Bowmanville High School.

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

Fall 2014 commencing Sept 17

Wed 5:45pm Newcastle pool - NEW
Thurs 5:45 or 6:15pm Courtice pool - CCC
Fri 5:45pm Courtice pool - CCC
Sat 5:45-6:15pm Courtice pool - CC

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 2014-2015 are:

Session 1 – 7 weeks – Sept 15 to Nov 1
Session 2 – 7 weeks – Nov 3 to Dec 20
Session 3 – 8 weeks - Jan 5 to Feb 28
Session 4 – 8 weeks – Mar 2 to May 2 (no practices March 2)
Session 5 – 8 weeks – May 5 – Jun 27
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 2014 commencing Sept 17

Wed 5:45pm Newcastle pool - NEW
Thurs 6:00pm Courtice pool - CCC
Fri 5:430pm Courtice pool - CCC
Sat 5:30pm Courtice pool - CCC

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 \$165 and the 8-week program is \$180. There is an additional \$45 registration/insurance fee when you first join the Club (good until July 31, 2015).