



## *Arnprior Bluefish Swim Club*

ABSC offers competitive and learn-to-compete swim groups as well as the Sears I Can Swim program for the younger kids just starting out. Swimming competitively develops into a lifelong passion for fitness. Our coaching team has certified Lifesaving Swim instructor, Sears I Can Swim teacher, NCCP Skills and Level 2 certified coaches.

Enjoy an encouraging environment, exhilarating team atmosphere, and tremendous fitness and character-building opportunities. We are a non-profit, volunteer-run organization that fosters good sportsmanship and friendship for our members. We hold an annual Christmas party and year-end party where trophies and awards are given to swimmers. Our coaches offer a variety of fun practices during the season for most other holidays.

**Sears I Can Swim( Snappers):** This program introduces three competitive swimming strokes and kicks (front crawl, back stroke and breast stroke) to children who are usually 6-8 years old and must be able to swim one length of the pool. Emphasis is on fun and practice in the water. Good sportsmanship and team participation are introduced. Learning through activities and instruction while building some endurance, our Bluefish swim coaches will make the transition to the next level effortless.

**JR.Bluefish Group:** This program offers an introduction to competitive swimming. Instruction on the four competitive strokes, stroke rhythm and efficiency in swimming, starts and turns are introduced/reviewed while building some endurance. Team participation and good sportsmanship are upheld. Swimmers are generally 8-11 years old with a basic understanding of at least three strokes and are able to swim two lengths of the pool (or have completed the Sears ICS program). This group has the opportunity to enter one swim meet in the season. Cost: \$650/season; \$50 discount for siblings.

**Bluefish Competitive Group:** This program focuses on the practice and improvement of all four strokes, starts and turns. While becoming more efficient in the water, there is more endurance and swimmers in this group are required to swim three or four practices per week. Setting goals and personal best times come into focus. This group has the opportunity to enter local and out-of-town swim meets. Cost: \$450/season; \$50 discount for siblings.

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### **Registration for SEARS and Bluefish Swim Clubs**

**Where:** Nick Smith Centre

**When:** Tues., Sept. 13, 9 a.m. to 9 p.m. for SEARS registration; 6 to 9 p.m. for Bluefish registration

#### **Sears I Can Swim Program Registration Details**

**Fall Session 2011:** Early Oct. through Dec.; 10 weeks, 2 days/week – \$150 (register Sept. 13)

**Winter Session 2012:** Early Jan. to March (excluding March break); 10 weeks – \$150

**Spring Session 2012:** Early April 1 to early June; 10 weeks. 2 days/week – \$150

**Swim times/week (2):** Tuesdays and Thursdays, 5:30–6:30 p.m.

*More information: June Bekker (Coach): 613-623-2395; junebekker@hotmail.com*

Note: Minimum 4 swimmers required to hold SEARS sessions

#### **Junior Bluefish**

**Fall 2011 to Spring 2012:** Begins early Oct. 2011 to late May 2012 (register Sept. 13)

**Swim times/week (2):** Mondays to Thursdays at 4-5:30 p.m. (see schedule at registration)

**More program info.:** June Bekker (Coach): 613-623-2395; junebekker@hotmail.com

**More registration info.:** Shawn Moffatt (President): shawnlmoffatt@aol.com

#### **Bluefish**

**Fall 2011 to Spring 2012:** Begins early Oct. 2011 to late May 2012 (register Sept. 13)

**Swim times/week (4):** Mondays to Thursdays at 4-5:30 p.m.

**More program info.:** June Bekker (Coach): 613-623-2395; junebekker@hotmail.com

**More registration info.:** Shawn Moffatt (President): shawnlmoffatt@aol.com