

UNIVERSITY OF CALGARY SWIM CLUB

4 DAY INTRODUCTION TO COMPETITIVE SWIMMING (tryouts)

SEPTEMBER 07-10, 2010

CHURCHILL POOL ~~~ SHOULDICE POOL

Hello Friends,

Are your children interested in the sport of swimming? Would you like to come and see what it is like? The University of Calgary Swim Club offers this special introduction for new swimmers.

Who Is This Program For?

- CHURCHILL POOL ~~ children ages 6 and 7 who are safe in deep water and willing to listen
- SHOULDICE POOL ~~ children ages 08 to 10 who are safe in deep water and willing to listen

What Do We Do In Our Club?

- teach excellence in stroke technique for freestyle, backstroke, breaststroke and butterfly
- provide age appropriate opportunities for children to demonstrate skills through competition
- instill a love for swimming

What Do We Do in these Four Days?

- coaches will teach and assess swimmers for Club membership based on the following criteria: (1) ability of the swimmer to listen to and understand instruction; (2) ability of the swimmer to participate in group instruction; (3) ability of the swimmer to improve and learn new swimming skills; and (4) the overall swimming ability of the child

When? Where? and What Time?

- Tuesday, Wednesday, Thursday and Friday, September 07, 08, 09, and 10
- CHURCHILL POOL ~~ choose one of the following groups: 4:30-5:00 pm each day OR 5:00-5:30 each day OR 5:30-6:00 pm each day
 - there are 10 spaces available in each of the three groups
- SHOULDICE POOL ~~ choose one of the following groups: 4:00-5:00 pm each day OR 5:00-6:00 pm each day
 - there are 22 spaces available in each of the two groups

Cost?

- CHURCHILL POOL ~~ \$25.00 with UCSC cap and goggles included
- SHOULDICE POOL ~~ \$35.00 with UCSC cap and goggles included

How to Register for the 2010 UCSC 4 Day Introduction to Competitive Swimming?

- **call Lorna at 403-220-2772**

We will have a parent meeting during the introduction in September to give you registration information and to answer questions about UCSC. Registration and officials' certification will be in the morning on Saturday, September 11.