

SJD SWIM CLUB

Session Two

January 17- March 14, 2019



Thursdays 3:30- 4:15pm
Crystal Pool & Fitness Ctr
2275 Quadra Street

Fee: \$74 per swimmer per 9 week session

Junior Wavemakers

Must be at least 3 years old

May be a sibling of an SJD student

Must be able to submerge head

Wavemakers

Must be able to retrieve objects from 1.5m depth and a 3 m distance

Must be able to flutter kick on back.

Swim Skills (TSS)

Must be able to swim with consistent technique for 100m

Must be able to swim underwater for 10m

Can use flutter kick and dophin kick for propulsion

Swim Club (TSC)

Must be able to swim freestyle and backstroke with basic technique for 300m

Be able to use basic dolphin and whip kick for propulsion

Can tumble and rotate in the water

Drop off your registration at the school office or email form to deedavid@telus.net

Financial assistance may be available, speak with Mr. Harris or Mrs. Zumach

Questions: Call Deana at [250-389-1176](tel:250-389-1176) or email deedavid@telus.net