



2017-2018

Do you enjoy swimming? If you said yes, the Rapids Swim Club could be for you. We have swimmers ranging in age from 7 to 18 years old. ****Swim Kids Level 5 minimum requirement.**



Benefits of Swimming

- Increased strength and endurance
- Improved fitness and athleticism
- Builds confidence
- Encourages discipline
- Low impact and low injury sport
- Possibly save your life one day!

Give us a try for free!

NEW AND RETURNING PRE-COMP SWIMMERS:

- Monday, Sept. 11th, 5:15 - 6:00 pm
- Tuesday, Sept. 12th 5:30 - 6:30 pm
- Thursday, Sept. 14th, 4:00 - 5:00 pm
- Friday, Sept. 15th, 5:30 - 6:30 pm

RETURNING COMPETITIVE SWIMMERS:

- Monday, Sept. 11th, 6:00 - 7:30 pm
- Tuesday, Sept. 12th 6:30 - 7:30 pm
- Thursday, Sept. 14th, 5:00 - 6:30 pm
- Friday, Sept. 15th, 6:30 - 7:30 pm

Registration Date:

Friday September 15th, 2017 at the ACC Pool Party Room 5:30 - 6:30pm

Monday September 18th, 2017 at the ACC Pool Party Room 5:15 - 6:15pm



Group Details

** Swimmers will be assigned to a group based on coach's discretion upon registration. All swimmers must be able to comfortably swim one length of the pool front crawl and/or achieved Level 5 swimming Lessons.*

PRE-COMPETITIVE PROGRAM

1) Ripples Focus is on streamline, balance, body awareness, kick and breathing. Main strokes are front crawl and back crawl. Teamwork and fair play are learned. (Approx.3 hours)

2) Riptides Focus is on maximizing racing technique, developing a competitive attitude and aerobic capacity. Butterfly, Breaststroke and Individual Medley become more important. (Approx. 3.5 hours)

COMPETITIVE PROGRAM

Emphasis is placed on technique, conditioning and racing skills.

1) Junior Competitive Group (White) Practice approximately 7.5 hours a week including one morning swim. Work on achieving Provincial Championship Standards and attend two provincial meets each year.

2) Senior Competitive Group (Purple) Practice approximately 12.75 hours a week including three mornings swims. Work to achieve East Coast Championship Standards, Focus on achieving National Standards. Attend at least five meets each year, depending on qualifying times.

If you would like more information, check out our website: www.cbrapids.ca.

Contact Information:

Registrar: Trent at registrar@cbrapids.com

Communications: Andrew at communications@cbrapids.com

