

Program Features

Why do kids like us?

- Promotes a healthy and active physical activity choice in the summer
- Improve swimming technique in all four strokes
- Have fun and learn from mentors and peers within a safe environment
- Gain understanding of basic nutrition, leadership and group dynamics
- Develop self-discipline, confidence and self-esteem
- Increase endurance, conditioning, strength and flexibility

Why do parents like us?

- Easy to access locations spread throughout the city
- Excellent instruction by highly qualified coaches
- Safe environment for their kids to learn and have fun
- Social neighborhood involvement and meet other parents
- Swimmers will learn quickly how to swim better

Coaching

Daily training sessions at Glendon and Havergal locations will be run by North York Aquatic Club coach Suzy Simonetti. Suzy has 10 years of experience coaching children of every age and level.

Daily training sessions at Humberside Collegiate Pool will be run by North York Aquatic Club coach Guillermo Toro, accomplished competitive swimmer who has been working with children at the Swimtec Summer Camp for the last three years.

Swimtec provides all swimmers with an opportunity to explore the technical aspects of swimming with coaching staff and National level swimmers with North York Aquatic Club.

Havergal College Pool

1451 Avenue Road (Lawrence & Avenue)

York University Glendon College

(Proctor Field House)

2275 Bayview Avenue (Bayview & Lawrence)

Humberside Collegiate Pool

280 Quebec Avenue (Keele and Annette)



2011 SWIMTEC SUMMER SWIM CAMP

NYAC Swimtec Summer Swim Camp
York University Glendon College
Proctor Field House
2275 Bayview Ave
Toronto, ON
M4N 3M6

Phone: 416-785-0430
E-mail: nyacswim@yahoo.ca
Web: nyacswim.on.ca

2011 SWIMTEC SUMMER SWIM CAMP

Aquatics for Health & Fitness (6-15 years old)

This neighbourhood program is catered to swimmers of all levels.

(swimmer must be able to swim 24 meters and be comfortable in the deep end)

- Havergal College • Glendon College •
- Humberside Collegiate Pool •



nyacswim@yahoo.ca
www.nyacswim.on.ca

Daily Camp Format

Morning Session Agenda

8:30m-9am	Drop-off and Orientation
9am-10am	Water skills and safety Swim skills-stroke mechanics, starts, turns
10am-10:15am	Break (Bring snack and drink)
10:15am-11:30am	Swim skills and conditioning (core body)
11:30am-12pm	Interactive Learn: Nutrition, Leadership, Group Dynamics
12pm-12:30pm	Pick-up

Afternoon Session Agenda

12:30pm-1pm	Drop-off and Orientation
1pm-2pm	Water skills and safety Swim skills-stroke mechanics, starts, turns
2pm-2:15pm	Break (Bring snack and drink)
2:15pm-3:30pm	Swim skills and conditioning (core body)
3:30pm-4pm	Interactive Learn: Nutrition, Leadership,
4pm-4:30pm	Pick-up

We will highlight one stroke per day and use Fridays for racing and relays

Registrant's Information

Swimmer's Name (Print)	Date of Birth	Gender (M/F)
Phone Number	E-mail	
Address		
City	Postal Code	

Emergency Contact Information

Doctor's Name (Print)	Phone Number
Allergies (Attach additional sheet if needed)	
Emergency Contact Name	Phone Number

Terms and Conditions

I give permission for my child(ren) to participate in the North York Aquatic Club (NYAC) Swimtec Summer Swim Camp and agree that NYAC, Swimtec, Glendon Athletic Club, Havergal College, Humber College, its employees, officers, Board of Governors/Directors and agents will not be held responsible for any accident or loss however caused and agree to release them from all claims and damages which may arise as a result of such accident or loss. In signing this consent and release agreement, I hereby acknowledge that I have read and understood the conditions and certify that my child is in good physical health and that there is no medical reason why he/she should not attend. If reasonable attempt to contact parent(s) and/or legal guardian(s) are unsuccessful, the parent or legal guardian authorizes NYAC, its Board of Directors, coaches and/or any representative of the club to authorize all necessary emergency medical surgical or dental aid to the swimmer as may be necessary should swimmer suffer an injury or illness while participating in Swimtech activities and agrees to pay for all the medical and any other related expenses incurred in such event.

Name of Parent or Guardian (Print)	Work/Cell Phone Number
Signature of Parent or Guardian	Date
Name of Parent or Guardian (Print)	Work/Cell Phone Number
Signature of Parent or Guardian	Date

2011 Swimtec Registration Form

Sign up for: Havergal College swim camp	Time	Price
<input type="checkbox"/> Week July 4-8 (morning)	9am-12pm	\$225
<input type="checkbox"/> Week July 4-8 (afternoon)	1pm-4pm	\$225
<input type="checkbox"/> Week July 11-15 (morning)	9am-12pm	\$225
<input type="checkbox"/> Week July 11-15 (afternoon)	1pm-4pm	\$225
<input type="checkbox"/> Week July 18-22 (morning)	9am-12pm	\$225
<input type="checkbox"/> Week July 18-22 (afternoon)	1pm-4pm	\$225
<input type="checkbox"/> Week July 25-29 (morning)	9am-12pm	\$225
<input type="checkbox"/> Week July 25-29 (afternoon)	1pm-4pm	\$225

Subtotal: _____

Sign up for: Glendon College swim camp	Time	Price
<input type="checkbox"/> Week August 2-5	9am-12pm	\$180
<input type="checkbox"/> Week August 8-12	9am-12pm	\$225
<input type="checkbox"/> Week August 15-19	9am-12pm	\$225
<input type="checkbox"/> Week August 22-26	9am-12pm	\$225

Subtotal: _____

Sign up for: Humber College swim camp	Time	Price
<input type="checkbox"/> Week July 4-8	9am-12pm	\$225
<input type="checkbox"/> Week July 11-15	9am-12pm	\$225
<input type="checkbox"/> Week July 18-22	9am-12pm	\$225
<input type="checkbox"/> Week July 25-29	9am-12pm	\$225
<input type="checkbox"/> Week August 1-5	9am-12pm	\$225
<input type="checkbox"/> Week August 8-12	9am-12pm	\$225
<input type="checkbox"/> Week August 15-19	9am-12pm	\$225
<input type="checkbox"/> Week August 22-26	9am-12pm	\$225

Subtotal: _____

Grand Total: _____

Method of Payment

- Cheque (payable to NYAC)
 Visa MasterCard

Credit Card #	Exp. date
Authorization Signature	

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