

BURLINGTON AQUATIC DEVILRAYS SWIMMING FUNDAMENTALS

Fun, Friends, and Fitness

Join the fun. Register for the Burlington Aquatic Devilrays' Swimming FUNdamentals.

The Burlington Aquatic Devilrays' novice swimming program is ideal for children (ages 5-10) who are interested in having fun while learning the technical aspects of swimming.

This program is designed to teach the fundamentals of the competitive strokes as well as develop stamina and endurance. The swimmer will attend two 45 minutes practices, twice a week, over a ten week session. Sessions run three times a year beginning in September, December, and March.

Children should be between the ages of 5-10 and must be able to complete one continuous length of a 25 meter pool. All participants must be assessed by one of our club's coaches prior to joining.

Many practice times are offered !

Group 1	Mondays 4:15 - 5:00 p.m. (Centennial Pool) and Fridays 4:15 - 5:00 p.m. (Angela Coughlan Pool)
Group 2	Mondays 5:00 - 5:45 p.m. (Centennial Pool) and Fridays 5:00 - 5:45 p.m. (Angela Coughlan Pool)
Group 3	Wednesdays 4:15 - 5:00 p.m and Saturdays 7:00 - 7:45 a.m (both practices at Angela Coughlan Pool)
Group 4	Wednesdays 5:00 - 5:45 p.m and Saturdays 7:45 - 8:30 a.m (both practices at Angela Coughlan Pool)

For more information, and to book an assessment:

Contact Lynn Calvert at (905) 319-7068 or by email at bljdcavert@aol.com

Registration Is Limited

Session I begins the week of September 18, 2006.