

## SWIM CLUB FAQs

### **Q: What is Swim Club?**

**A:** Swim Club is a 1-hour program (2:30-3:30 or 3:30-4:30) that introduces swimmers to a wide variety of aquatic activities. In addition to stroke work and endurance activities, swimmers have the opportunity to try out: synchronized swimming, lifesaving/lifeguarding, water polo, competitive skills, and more!

### **Q: What are the goals of the Swim Club program?**

**A:** Our main goal is that our participants have a fantastic time in the water! We encourage our swimmers to challenge themselves, and focus on achieving "Personal Bests", rather than measuring the swimmers against a particular standard.

### **Q: How are swimmers placed into groups?**

**A: \*New this session\*** In order to allow as many swimmers as possible to participate, we are asking that, at the time of registration, **all swimmers have availability for both the 2:30-3:30 and 3:30-4:30 groups**. Once we have received all Swim Club registration requests, we will be creating the two groups based on participants' ages *and* swimming levels, and we will inform you of your time slot by phone or email. If you have any questions or concerns about this process, please speak with Larissa (Swim Club Lead) or Louise at the pool office. You may request that your child be placed in the same group as one other participant, and we will do our best to accommodate these requests!

### **Q: Can my child participate in both Swim Club and swimming lessons?**

**A:** It's possible. The two programs have different registration processes – make sure that you are aware of the process for each. We will allow swimmers to register for one program initially (either lessons or Swim Club). After December 18<sup>th</sup>, if there is still availability in the second program you wish to register for, we will be happy to register your child/ren for the other program as well. This will ensure that as many children as possible have an opportunity to benefit from our programs.

### **Q: Can my child complete a Red Cross level by doing Swim Club?**

**A:** Due to the structure and aims of the Swim Club program, we are unable to evaluate particular skills, and cannot "complete" Red Cross levels. If your swimmer has been participating in Swim Club, and you would like to place them in Swim School in a subsequent session, we would be happy to provide input when you are deciding on level placement.

### **Q: My child has a disability. Would they be able to participate in Swim Club?**

**A:** The requirements for participation in Swim Club are that swimmers are 7 years of age or older, and that they be able to swim one length of the pool (25m) comfortably – no particular stroke required. We suggest that swimmers have completed at least one session in Red Cross Swim Kids 5 (regardless of whether or not the level is complete) prior to enrolling in Swim Club. We welcome all swimmers who are able to meet this requirement. Swim Club involves both large-group (up to 15 participants) and small-group activities, and is staffed by 3 instructors and up to 3 volunteers. If you would like to discuss your child's suitability for Swim Club, please speak with Larissa or Louise.

### **Q: My swimmer did not participate in the Fall '09 Swim Club. Can they participate in the Winter '10 Swim Club?**

**A:** Absolutely! While we build upon skills throughout the year (for example, introducing more complex water polo and/or lifesaving skills), we also allow time for skills review and time for new participants to practice skills taught previously.