

## Youth Fitness

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This is an introductory level for 11 and over swimmers who have some swimming skills and want to improve them. The swimmers may be non-competitive (do not wish to compete) or pre-competitive (have the ability to move into the Provincial Development program when they have mastered all the needed swimming skills). This program will teach the swimmers all four competitive strokes and related skills.

### Prerequisites:

- 11 years and over
- Able to swim 50 meters freestyle and 50 meters backstroke in deep water

**Equipment required:** kickboard, pull-buoy, fins, goggles, Rapids cap (if cap worn), training suit, water bottle.

### TRAINING SCHEDULE \*\*All workouts are at Watermania pool\*\*

	MONDAY p.m.	TUESDAY p.m.	WEDNESDAY p.m.	THURSDAY p.m.	FRIDAY p.m.	SATURDAY a.m.	Monthly cost
YF A	7:00-8:00		7:00-8:00				\$90
YF B		7:00-8:00		7:00-8:00			\$90

All listed practice times include activation/Dry Land training time

## Summer Swimmer Winter Maintenance Program

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Summer swimmers are welcome to join the Rapids program for maintenance purposes. These swimmers will only train two hours per week as per the rules & guidelines of the BCSSA. Space is limited and positions will be filled on a first come first serve basis. Summer swimmers will train with the Rapids group that is appropriate for their age and swimming ability.

### Prerequisites:

- (May-Aug 2008) Summer Swim Club member
- Intention to Swim with their Summer swim club program for the 2010 season

**Equipment required:** kickboard, pull-buoy, fins, goggles, Rapids cap (if cap worn), training suit, water bottle.

### TRAINING SCHEDULE (All sessions at Watermania)

Fee structure & practice schedule will vary depending on what group the swimmer is placed in.