



# Strathcona County Swim Club



## SILVERRAYS SWIM SCHOOL

This program is meant for our youngest swimmers (~age 5-9) who will be introduced to competitive swim skills and begin their journey as a SilverRay! The Swim School is comparable to Silver-Tide’s “Silver Swimmer” and the Stingrays “Junior Swimmer” programs.

### MINIMUM ENTRY REQUIREMENT

All swimmers must be able to swim 15m on their own.

PROGRAM DURATION: 10 weeks w/ 2 classes per week (20 classes in total)

CLASS LENGTH OPTIONS: 30 min & 45 min classes

10-WEEK PROGRAM COST: \$165 for 30min option and \$250 for 45min option  
(plus \$30 annual Swim Alberta fee)

### TIME SLOT OPTIONS

| Monday/Wednesday | Tuesday/Thursday |
|------------------|------------------|
| 4:00-4:45pm      | 4:00-4:30pm      |
| 4:45-5:30pm      | 4:30-5:00pm      |
|                  | 5:00-5:30pm      |

### DAYS & DATES

|   | Fall Session   |                | Winter Session          |             |
|---|----------------|----------------|-------------------------|-------------|
|   | Mon/Wed        | Tues/Thurs     | Mon/Wed                 | Tues/Thurs  |
| Week 1  | Sept 20 & 22   | Sept 21 & 23   | Dec 8                   | Dec 7 & 9   |
| Week 2  | Sept 27 & 29   | Sept 28 & 30   | Dec 13 & 15             | Dec 14 & 16 |
| Week 3  | Oct 4 & 6      | Oct 5 & 7      | Jan 5                   | Jan 6       |
| Week 4  | Oct 13         | Oct 12 & 14    | Jan 10 & 12             | Jan 11 & 13 |
| Week 5  | Oct 18 & 20    | Oct 19 & 21    | Jan 17 & 19             | Jan 18 & 20 |
| Week 6  | Oct 25 & 27    | Oct 26 & 28    | Jan 24 & 26             | Jan 25 & 27 |
| Week 7  | Nov 1 & 3      | Nov 2 & 4      | Jan 31 & Feb 2          | Feb 1 & 3   |
| Week 8  | Nov 15 & 17    | Nov 16 & 18    | Feb 7 & 9               | Feb 8       |
| Week 9  | Nov 22 & 24    | Nov 23 & 25    | Feb 14 & 16             | Feb 15 & 17 |
| Week 10   | Nov 29 & Dec 1 | Nov 30 & Dec 2 | Feb 23                  | Feb 22 & 24 |
| Make-Up Dates<br><small>*due to pool unavailability</small> | Dec 6          |                | Feb 28 & Mar 2<br>Mar 7 | Mar 1 & 3   |

We will be running a Spring Session! Program dates TBA.



## SilverRay Swim School RACE DAY!



The Strathcona County Swim Club is excited to implement our “Race Day” opportunities for our young Swim Schoolers. Racing is meant to be fun and something children look forward to. Race Day is a fantastic introduction to these young swimmers in a very low stakes, low stress and unstructured environment.

If a swimmer is overwhelmed and needs their instructor to swim a race in their lane beside them, no problem! If a swimmer needs a little extra boost and wants to wear a pair of fins in their first race, no problem! If a swimmer does not want to attend Race Day, no problem!

By providing this type of experience to young swim schoolers, we hope to avoid having swimmers develop the stress & anxiety that so commonly accompanies them when participating in swim meets when they’re older. Every racing opportunity a young swimmer participates in doesn’t need to be sanctioned by Swim Alberta with officials, judges and timers scattered all over the pool deck; it just needs to be fun!

Members of the SRAYS Competitive Program will also participate in our Race Day. It will be a great way for swimmers with the Strathcona County Swim Club who are members of different programs & groups swimming with one another, meeting new teammates and hopefully making new friends.

### **FALL SESSION RACE DAY**

Friday, November 5<sup>th</sup> 5:30-7:30pm

### **WINTER SESSION RACE DAY**

Friday, February 4<sup>th</sup> 5:30-7:30pm

*Race Day will be held in the 25m tank and parents are welcome to sit in the bleachers to watch and cheer their swimmer on.*

Please feel free to contact SRAYS Head Coach at [headcoach@silverrays.ca](mailto:headcoach@silverrays.ca) with any questions regarding our SilverRay Swim School for the 2021/2022 swim season.

## **GO SILVERRAYS GO!**