



Strathcona County Swim Club

proudly presents the



SILVER-RAYS SWIM SCHOOL

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

The Silver-Ray Swim School will run in 10-week sessions, 3 times per swim season.

Session #1 Oct-Dec, Session #2 Jan – Mar and Session #3 Apr – June.

CONFIDENT DEEP-WATER SWIMMERS

Given we are operating out of the Kinsmen Leisure Center in the deeper dive tank while simultaneously adhering to strict safety measures, all Swim Schoolers must be confident deep-water swimmers for session #1

Swimmers are required to get across the 12.5m dive tank without the aid of an instructor for the entire 45min class. Instructors will be in the pool with the swimmers to promote eye level communication & instruction but will maintain a safe physical distance as often as possible.

Session #2 & #3, held at Millennium Place, will have availability for a wider range of abilities

DAYS & DATES

Silver-Ray Swim School Session #1 (Oct – Dec)		
	Wednesday	Saturday
Week 1	Oct 7	Oct 10
Week 2	Oct 14	Oct 17
Week 3	Oct 21	Oct 24
Week 4	Oct 28	Oct 31
Week 5	Nov 4	Nov 7
Week 6	Nov 11	Nov 14
Week 7	Nov 18	Nov 21
Week 8	Nov 25	Nov 28
Week 9	Dec 2	Dec 5
Week 10	Dec 9	Dec 12



TIME-SLOTS OPTIONS



There will be three different time-slot options members can choose from during session #1
Swimmers can attend Wed/Sat A, Wed/Sat B or Wed/Sat C time-slots.

	Wednesday	Saturday
Time-Slot A	4:00 – 4:45pm	8:00 – 8:45am
Time-Slot B	5:00 – 5:45pm	9:00 – 9:45am
Time-Slot C	6:00 – 6:45pm	10:00 – 10:45am

SWIM SCHOOL COHORT

Each time-slot will have up to 3 classes, with a maximum of 5 swimmers in each that will be led by 1 swim school instructor. The Swim School Coordinator will be on-deck circulating the dive tank while the 45min classes are in-progress.

This ensures our “Swim School Cohort” will have a maximum of 49 individuals (15 swimmers A + 15 swimmers B + 15 swimmers C + 3 instructors + 1 coordinator = 49 individuals) with only 19 individuals on the pool deck at a single time.

The 15min time gap in between classes will ensure swimmers are out of the pool, dried off and have been escorted through the change-rooms to meet their parent/guardian safely prior to the next group of swim schoolers making their way through the change room to the pool deck.

SESSION #1 REGISTRATION

We appreciate how enthusiastic all our Swim Schoolers are to get back in the water right. As of right now, we ask for a bit of patience with Swim School registration as we’re getting our Competitive Program registration organized and opened so those Silver-Rays are ready to get back in the water in September.

Our Swim School will be open in September. Returning Stingray Junior Swimmers and Silver-Tide Silver Swimmers are welcome to begin registering on **Monday Sept 14**. New members can begin registering on **Monday Sept 21**.

GO SILVER-RAYS GO!