

# Joining the Abbotsford Olympians Swim Club

## Top 10 FAQs

### 1. **Swimming Lessons vs Swim Club**

Swimming lessons teach children how to be comfortable with water and teach basic swimming skills that make children water safe. The program is taught by swim instructors and administered under the Red Cross program. Lessons run in sessions and children are promoted in levels.

Swim clubs in general teach children how to swim better and we condition our athletes as they develop their skills as they advance in age. There is room to attend competitions locally, regionally, provincially, or nationally. Swimmers can use their swim club experience to apply for scholarships in the future, keep fit, to become a lifeguard or aid their application in various organizations. Our program is administered by professionally trained coaches under Swimming Canada. Swimmers are to attend a "season" - September to June (July is an option) and will be promoted to a higher level based on skill, dedication, and commitment.

### 2. **What does Swim Club Teach?**

We teach swimmers how to continue and improve their strokes, teach life skills such as listening, focusing, goal setting, commitment, and hard work. Physical fitness is developed and honed. Swimmers participating would belong in a group of swimmers who they will train and work hard with for the year!

### 3. **Why Join Swim Club?**

There are many different reasons. First, if your child propels well and has a feel for the water, then join a swim club! Just like a good skater will consider learning and joining a hockey team or a good dancer might participate in dance classes. Swimming is the same! Second, some parents enroll their children to improve their fitness and learn more about swimming. Third, some children need it for certain health benefits. Whoever you are, you are more than welcome to join!

### 4. **Is my Child Good Enough for Swim Club?**

Absolutely! Anyone who is comfortable in deep water and somewhat propel themselves in the water is eligible to join the swim club! We look for children who are energetic, love the water, excited/keen to learn, committed, and want to challenge themselves in a sport.

### 5. **Do I need to Complete Levels in Swim Lessons to Become a Lifeguard?**

The answer is NO. In order to be a lifeguard, there will be a couple of pre-requisites and one of them is being able to swim a certain distance to pass their lifeguarding courses. Swimming with a swim club definitely and certainly helps its members swim more efficiently. Lifeguard specific skills such as life-saving are discussed and taught in the lifeguard lessons they would have to take (Bronze Medallion, Bronze Cross, etc). You do not need Red Cross level 1-10 to become a lifeguard.

### 6. **Can I Switch from 1x a Week to 2x a Week and Vice Versa?**

You can switch from 1x a week to 2x a week. Should you want to change from 2x a week to 1x a week, you will need to wait until the end of a block until you can change. If you want to add days within the block you can do so but there must be space available. Blocks are Sept-Dec, Jan-March, April-June.

### 7. **How can I help my child become a better swimmer?**

Good question! First of all, have a discussion with your child as per his/her goals. Communicate this with your coach and discuss how your child can progress through the program and what they need to do to improve! This may include attending swim meets or certain stroke clinics!

### 8. **Great! I like to Join. How do I register?**

Just go to our website [www.abbotsfordolympians.com](http://www.abbotsfordolympians.com) and check out our registration page on the upper right hand corner of our page that reads "Registration 2019-2020".

### 9. **I have questions, who do I talk to, call, or email?**

Feel free to email me at [zach@langleyolympians.com](mailto:zach@langleyolympians.com) or the office at [laosadmin@telus.net](mailto:laosadmin@telus.net). You may call us at 604-825-1856 as well. Please do note that we operate within our office hours Monday, Wednesday, or Friday 9-12 PM and Tuesday, Thursday 1-3 PM. If you called and no one picks up, please leave a voicemail and we will answer ASAP!

### 10. **When are free tryouts?**

Free tryouts occur from the 1st to the 15th of each month!