

## Description

Introduction to competitive aspects of swimming while further developing swimming basics such as kicking and streamline. Greater focus on full stroke swimming and learning the rules for all four strokes.

## Pre-requisites

Junior White is aimed at swimmers aged 7-10 who have basic swimming proficiency and looking to explore the competitive side of swimming. A swimmer should be able to complete 3 lengths of flutter kick without stopping in under 3:00.

## Details

- » Number of weeks: 35-40
- » Classes per week: 3\*
- » Lanes per class: 4
- » Maximum Class Size: 20
- » Coaches: 1-2
- » Pool Time per week: 180 min
- » Dryland Time per week: 45 min

\*We highly encourage swimmers to continue with their other sports, even if that means missing some practices! There are no attendance requirements within the Junior Program, however, we do encourage swimmers to participate as much as possible. We do not prorate fees for missed practices.

## Goals

- » Come to the pool excited to swim
- » Learn new skills in a group environment
- » Be respectful to your teammates and coach
- » Swim 8 lengths without stopping
- » Complete 200m kick in under 5:45.
- » Complete a 100 IM following all the rules
- » Expand knowledge of all four full strokes
- » Reliably complete streamlines and turns
- » Perfect the four fundamental kicks
- » Follow a basic pace time
- » Attend a development meet

## Fees

Monthly Fee (10 months) <sup>1</sup>	\$155
Meet Deposit <sup>2,3</sup>	\$50
Registration Fee	\$250
Swim BC Charge	
» Aged 8 and under as of Dec 31st	\$97
» Ages 9 or 10 as of Dec 31 <sup>st</sup>	\$117
March 1 <sup>st</sup> Volunteer Fee <sup>4</sup>	\$37.75
July 1 <sup>st</sup> Volunteer Fee <sup>4</sup>	\$37.75

<sup>1</sup> The 1st and last month are billed at the start of the season.

<sup>2</sup> Depending on meets attended, additional deposits may be required.

<sup>3</sup> Unused amounts are refunded or carried forward to next season.

<sup>4</sup> Fee is \$0 if you get enough volunteer credits!

## Schedule

COVID-19 has significantly impacted the rec centers and the NVRC. As a result, our schedules for the 2020-2021 season may vary from month to month through the season. To see the schedule for the group, please view the [Chena Website Group Calendar](#).

## Meet Schedule

Junior White swimmers will have the option to participate in PASS Meets. PASS meets are typically held about once per month at a local pool on the North Shore. They are 3-4 hours long and held on either Saturday or Sunday. They are specifically designed for swimmers who are new to competition and may have never raced before. They are fun and social events, and we hope that all swimmers will be excited to participate and do their best in their races! Due to COVID, this year no meets are planned. If this changes, the coach will inform the parents of a meet schedule.

## Description

Increased exposure to racing and competitions. Learning to use each of the four strokes to move quickly through the water. Further expansion and solidification of fundamentals. Strengthening of kicking and body position basics.

## Pre-requisites

Junior Blue is aimed at swimmers aged 7-10 who have strong basic swimming proficiency and can swim all four strokes legally. A swimmer should be able to complete a 100 IM properly and complete a 200m flutter kick in less than 6:00.

## Details

- » Number of weeks: 35-40
- » Classes per week: 3-4\*
- » Lanes per class: 4
- » Maximum Class Size: 20
- » Coaches: 1
- » Pool Time per week: 4 hours
- » Dryland Time per week: 1.25 hours

\*We highly encourage swimmers to continue with their other sports, even if that means missing some practices! There are no attendance requirements within the Junior Program, however, we do encourage swimmers to participate as much as possible. We do not prorate fees for missed practices.

## Goals

- » Come to the pool excited to compete
- » Make new friendships and connections
- » Demonstrate sportsmanship and team spirit
- » Follow the instructions of a practice set
- » Follow a dryland worksheet
- » Complete 200m kick in under 4:45
- » Complete a 100 IM in under 1:50
- » Complete a 200 IM legally
- » Executes turns and streamlines automatically
- » Swim all four strokes comfortably
- » Attend most development meets

## Fees

Monthly Fee (10 months) <sup>1</sup>	\$200
Meet Deposit <sup>2,3</sup>	\$100
Registration Fee	\$250
Swim BC Charge	
» Aged 8 and under as of Dec 31st	\$97
» Ages 9 or 10 as of Dec 31st	\$117
March 1 <sup>st</sup> Volunteer Fee <sup>4</sup>	\$50
July 1 <sup>st</sup> Volunteer Fee <sup>4</sup>	\$50

1 The 1st and last month are billed at the start of the season.

2 Depending on meets attended, additional deposits may be required.

3 Unused amounts are refunded or carried forward to next season.

4 Fee is \$0 if you get enough volunteer credits!

## Schedule

COVID-19 has significantly impacted the rec centers and the NVRC. As a result, our schedules for the 2020-2021 season may vary from month to month through the season. To see the schedule for the group, please view the [Chena Website Group Calendar](#).

## Meet Schedule

Junior Blue swimmers will have the option to participate in PASS Meets. PASS meets are typically held about once per month at a local pool on the North Shore. They are 3-4 hours long and held on either Saturday or Sunday. They are specifically designed for swimmers who are new to competition and may have never raced before. They are fun and social events, and we hope that all swimmers will be excited to participate and do their best in their races! Junior swimmers will only compete at PASS meets until they accomplish their LMR time of 4:00 for 200 IM. Only swimmers with 100 IM times faster than 1:55 will compete in the 200 IM. Due to COVID, this year no meets are planned. If this changes, the coach will inform the parents of a meet schedule.

## Description

Competitive oriented group with the aim of qualifying swimmers for LMR Championships and Age Groups. Swimmers will maintain their skill proficiency over longer distances. Exposure and engagement in competition environments. Refinement of swimming fundamentals and learning of some limited more advanced techniques. Team focused with expectations of peer support and care.

## Pre-requisites

Junior Green is aimed at swimmers aged 8-10 who have strong swimming fundamentals and have learned to execute all four strokes with speed. A swimmer must be able to complete a 100 IM in under 1:55 or a 200m IM equivalent. Can complete a 200m flutter kick in less than 5:00.

## Details

» Number of weeks:	35-40
» Classes per week:	4-5
» Lanes per class:	4
» Maximum Class Size:	20
» Coaches:	1
» Pool Time per week:	7 hours
» Dryland Time per week:	2 hours

\*We highly encourage swimmers to continue with their other sports, even if that means missing some practices! There are no attendance requirements within the Junior Program, however, we do encourage swimmers to participate as much as possible. We do not prorate fees for missed practices.

## Goals

- » Set a SMART goal and achieve it
- » Engage with goals of a practice set
- » Leave the pool feeling exercised & accomplished
- » Support teammates and look for opportunities to improve the people around you.
- » Demonstrate sportsmanship and team spirit
- » Complete 200m kick in under 4:00.
- » Complete a 200 IM in under 3:45.
- » Use drills to improve technique
- » Great execution of starts, turns and streamlines
- » Lead a dryland worksheet
- » Work towards competing at LMR Champs.

## Fees

Monthly Fee (10 months) <sup>1</sup>	\$260
Meet Deposit <sup>2,3</sup>	\$200
Registration Fee	\$250
Swim BC Charge	
» Aged 8 and under as of Dec 31st	\$97
» Ages 9 or 10 as of Dec 31st	\$117
March 1 <sup>st</sup> Volunteer Fee <sup>4</sup>	\$65
July 1 <sup>st</sup> Volunteer Fee <sup>4</sup>	\$65

<sup>1</sup> The 1st and last month are billed at the start of the season.

<sup>2</sup> Depending on meets attended, additional deposits may be required.

<sup>3</sup> Unused amounts are refunded or carried forward to next season.

<sup>4</sup> Fee is \$0 if you get enough volunteer credits!

## Schedule

COVID-19 has significantly impacted the rec centers and the NVRC. As a result, our schedules for the 2020-2021 season may vary from month to month through the season. To see the schedule for the group, please view the [Chena Website Group Calendar](#).

## Meet Schedule

Junior Green swimmers should have at least a time of 1:55 for 100IM and be working towards their LMR time of 4min for 200IM if they do not already have it. Junior Green swimmers will have the option to compete at PASS meets and LMR meets. To compete at LMR meets, swimmers must have accomplished their LMR time. It is expected that swimmers in Junior Green will attend meets on a regular basis. Due to COVID, this year no meets are planned. If this changes, the coach will inform the parents of a meet schedule.