



Strathcona County Swim Club
SilverRays Swim School



General Information

Description of Group:

Minimum 5 years of age and the ability to comprehend instructions. This program is meant for our youngest swimmers (approximately ages 5-9) who will be introduced to competitive swim skills and begin their journey as a SilverRay!

Minimum Entry Requirements:

All swimmers will need to have a **swim assessment**; the assessment will be looking for the following:

- Is the swimmer comfortable in the water -Do they have the ability to swim for 15m on their own -
- Can they do a back float -The assessor could also evaluate stroke skill level to help determine proper group placement

Group Goals:

- This is an introduction to Competitive Swim Club
- Introduction to swimming skills – body position, streamlines, kicking
- Learn the proper kicking techniques
- Perform basic push offs, flip turns, starts.
- Being a great listener!
- This group has no registered competitions
- Have fun and enjoy swimming

Schedule:

We run sessions in Fall, Winter and Spring (each session is 10 weeks long)

Mon/Wed

30min Classes (~5-6yo)
4:00pm - 4:30pm

Mon/Wed

45min Classes (~6-9yo)
4:00pm - 4:45pm / 4:45pm-5:30pm

Tues/Thurs

45min Classes (~6-9yo)
4:00pm - 4:45pm / 4:45pm-5:30pm

*Please check our website for specific dates

***Any sudden changes to the schedule will be communicated through email**

Session Schedule (Each session you can expect the following):

- Swimmer of the Week (given to swimmers that show good listening + did a skill really well that day)
- Race Day (a mock swim meet; held in our regular pool)
- Fun Day (where we can work on sportsmanship and teamwork)
- Report Cards (given out during the last class)

Registration & Cost:

For questions about Registration please reach out to the Registrar: registrar@silverrays.ca

See the website for current pricing

If a session has already started; please still reach out + we will do our best to accommodate

Equipment:

(Needed for Every Practice)

Required

- Proper fitting swimsuit (racing suits are not required)
- Goggles
- Long hair needs to be tied back (or wear a swim cap)

Recommend

- Water bottle
- Swim cap

*Unless for religious purposes, T-shirts, rashguards and other clothing items are not recommended.

Questions about equipment can be directed to the Equipment Manager: equipment@silverrays.ca

Attendance:

If your swimmer is going to be away especially for an extended amount of time please let us know

Email the Swim School Coordinator: Jillian.Jerome@silverrays.ca

Questions:

If you have any questions or concerns please feel free to contact us.

Email the Swim School Coordinator: Jillian.Jerome@silverrays.ca

We are looking forward to having an exciting and successful swim season! See you at the Pool! GO SILVERRAYS GO!