

Halton Hills Blue Fins

Mini Fins Newsletter



****Important Dates****

Saturday October 26th: NO Practice ,
competitive groups away at swim meet.

November 16th: NO Practice,
competitive groups away at swim meet.

In Water Update

- Swimmers have begun settling into the practice routine and getting to know their Coaches.
- In the next few practices the Coaches will be working on building new skills and drills into your swimmers routine.

- Encourage your swimmer to share with their coach fun swimming skills they learned over the summer.
- Learning through active play, as you have noticed we work on a balanced routine of focused skills and active play to support water confidence.

General Questions & Tips

1. **What are the differences between the yellow docks and lane areas?** Mini Fins program is a progression 3 stage method supporting swimmers from assisted swimming to independent swimming.
2. **What are the stages?** Stage 1 on the yellow docks is for swimmers who are just starting structured practices and are fully assisted by their Coach. Stage 2 is our mid-length area where swimmers work on unassisted skills with the support of their Coaches. Stage 3 is for swimmers who have passed the swim test in the shallow end area and will begin working independent swimming strokes Freestyle & backstroke in the full 25m lanes. These practices are the same core skill requirements of the Intro development white group.
3. **Don't forget your goggles!** At this beginner stage goggles are the first essential part of gear for your young swimmer to have. Please use goggles that do not cover the nose (snorkel mask). We will work on nose bubbles and rhythmic breathing.

Who to contact with practice questions?
Coach Shannon at
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