



Team Pride – Integrity – Dedication - Leadership

Mini Waves Program – Discovery Stream

Sackville Waves Aquatic Team is pleased to present its newest program: Mini-Waves. This program falls into our Discovery Stream, which is the intro to competitive swimming on our team. Geared toward beginner swimmers they will experience the FUN and enjoyment competitive swimming has to offer. Practice groups are structured so swimmers will learn all four competitive strokes and have an introduction to all competitive skills and race rules. Swimmers are introduced to our first team value “Team Pride”, where the focus is on creating a community of support for achievements at all levels of our sport both individually and as a team.

Quick Facts

Target Age: 11&U Swimmers

Commitment: 2x per week (2h pool time, 2x20min land & learn time)

SWAT Value: Team Pride

SWAT Theme: Fun, Fundamentals.

Pre-Assessment: Must swim 25m on front or back unassisted.

Swim Meets: This group attends Nova Tech Swim Meets.