

Peterborough Swim School

The Peterborough Swim Club strives to teach young swimmers stroke skills and to increase endurance. The school is divided into two tiers; bronze and silver. Lessons take place at the Trent University Athletic Complex.

The spring session is eight weeks in length. Bronze lessons are 45 minutes in length and Silver is 1 hour in length. The lessons focus on in-water training with a qualified instructor.

Upon completion of the Silver course, swimmers may wish to proceed to the Trent Swim Club, which is our competitive group.

Prerequisites: Swimmers must be at least 5 years of age and able to swim 25m (one pool length) on their own. They must be comfortable putting their head in the water.

Bronze: This level focuses on the front crawl and backstroke. Attention is paid to proper stroke skills. **Attendance is one lesson per week.**

Silver: Stroke skills are enhanced in the front crawl, backstroke and breaststroke. Streamlining and proper turns are introduced. Endurance begins to increase. **Attendance is two lessons per week.**

Cancellation and/or Changes

- The Peterborough Swim School reserves the right to make changes to our schedule in order to accommodate the number of swimmers at each level. Notice will be given by the first week of classes.
- If a swimmer cancels in the first week of the session, a full refund will be given.
- Cancellations between the 2nd and 6th weeks will be credited on a prorated basis.
- Cancellations in the 7th week or later are nonrefundable
- Missed classes can only be made up with the permission of the instructor
- The coaches may suggest that a swimmer moves down a level to improve on certain aspects of their training. In these cases a full refund of the fee difference will be given.
- All cancellations must be made with the registrar to be eligible for any refund.

Any questions can be directed to:

Trent Swim Club Head Coach, **Sean Dwyer** – 876-7609 OR
Peterborough Swim School Registrar, **Nicole Hannah** – 874-2620

Mail completed forms with payment to:

Nicole Hannah
B-487 Wellingtons St
Peterborough, ON
K9H 5C6

Schedule	Bronze -\$90.00 (choose one)	Silver- \$155.00 (choose two)
Tuesday		4:30 - 5:30 PM
Thursday		4:30 - 5:30 PM
Friday	5:15 - 6:00 PM	6:00 - 7:00 PM
Saturday	5:00 – 5:45 PM	4:00 – 5:00 PM

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Registration Form – Session 3 starts March 22nd, 2010. Detach and return with payment.

SWIMMER NAME _____ BIRTH DATE _____

ADDRESS _____

EMAIL _____ PHONE _____

PARENT'S NAME(S) _____

Schedule	Bronze -\$90.00 (choose one)	Silver- \$155.00 (choose two)
Tuesday		4:30 - 5:30 PM
Thursday		4:30 - 5:30 PM
Friday	5:15 - 6:00 PM	6:00 - 7:00 PM
Saturday	5:00 – 5:45 PM	4:00 – 5:00 PM

**In the event that your two choices for silver cannot be met, please indicate an alternate choice here: _____

Amount Enclosed: _____ Make cheques payable to **Trent Swim Club**