



*Sessions Do not send in this sheet with application*

## 2010-2011 Program

Brock Niagara Penguins provides a unique opportunity for youth with a disability to participate in their choice of swimming and/or gym program.

### Costs per Session:

Swim and Gym	\$100
Gym only (Wheelchair basketball team)	\$50
Swim only	\$75
Wheelchair basketball team (1 year)	\$125

### Session 1

GYM: September 18 – Nov 20 (No program Oct 9 / 16) – 8 weeks

TIME: 12:00 – 2 pm

SWIM: September 30 – December 2 – 10 weeks

TIME: 4:15 – 5:30pm

JUNIOR GYM PROGRAM: September 25<sup>th</sup> / October 30<sup>th</sup> / November 20<sup>th</sup> 12-2pm

### Session 2 (Starts January ends March) Dates yet to be determined (Check calendar section on website)

GYM: Saturday – 12:00 – 2:00pm – 8 weeks

SWIM: Thursday – Swim 4:15-5:30pm – 10 weeks

JUNIOR GYM PROGRAM: Saturday – 12-2pm (3 dates)

### Session 3 (Starts April ends June) Dates yet to be determined (Check calendar section on website)

Weekends – 8 weeks

Thursday – Swim 4:15-5:30pm – 10 weeks



## Athlete Code of Conduct

*Do not send in this sheet with application*

**The Athlete Code of Conduct insures that every athlete can participate in the Brock Niagara Penguins swim and gym program in a safe, healthy, and enjoyable environment.**

**Declaration form:**

- I will follow the rules and procedures of the Brock Niagara Penguins.
- I will practice good sportsmanship.
- I will respect my fellow athletes, coaches and volunteers.
- I will encourage and applaud my team-mates for all positive accomplishments
- I will behave appropriately at all Brock Niagara Penguins programs & events.
- I will contribute to the team at all times

**Contact Information:**

Brock Niagara Penguins  
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