



Welcome to all athletes!

Our program consists of a swim program focusing on stroke improvement and being part of a swim team and wheelchair basketball team.

All programs strive towards improving physical activity levels, increasing independence and providing a social opportunity for participants.

If you are **unable to make one of the program dates**, please get in touch with us. This way practice plans can be adjusted and volunteers can be informed.

Be sure to get your **completed registration forms** to Karen and pay your fees at the Recreational services Welcome Desk. Please talk to Karen directly if you are in need of financial assistance. Reminder that a **parking pass (10 clip card)** can be purchased from the Recreational Services Welcome Desk for \$21.

The program is run by volunteers who want to ensure the program is a success for everyone involved. Please talk to them directly or contact the designated coach or Karen Natho with any concerns or suggestions you may have.

Swim Program

If you are participating in the swim program be on the pool deck at 4:15. **Wear your bathing suit, bring a towel, pair of goggles and a waterbottle.** Practice ends at 5:30. All spectators need to watch from the observation



deck. Many things are going on in the pool at once, our pool space is shared with the Olympic Way program, please be patient with everyone involved.

Swim practices focus on building skills, working towards the individual goals of

the participants and having FUN!. Some swimmers will enter into novice swim meets, details to come.

The last date in each session, is Bring a Friend / Sibling Fun Day! This is a day of games and activities. Karen Natho oversees the administration and Dana Bjorgan is the on deck swim coach.

Wheelchair Basketball Team

If you are playing on the wheelchair basketball team be outside of Gym 2 by noon. Another large program ends at 12:00, so please be patient as they clean up and leave the gym quickly, so we can begin. Wear **appropriate gym clothes and running shoes.** Practice ends at 2:00pm. Team members will be able to play in tournaments and training camps around Southern Ontario throughout the season.

Gerry Stull will be coaching the team throughout the season. Loretta and Jim Davis are the captains and we are actively seeking a team manager.

A **Program Manual** for all participants and volunteers is available. If you would like a copy just ask!

Penguin T-shirts

All registered athletes will be given a Penguin t-shirt during the program. Additional ones can be purchased for \$10. No profit is being made on the shirts. Bring in the money and size you would like ASAP (limited number available).



If you would like any further information or have questions, do not hesitate to contact

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