



Hello!

We would like to extend a **welcome or welcome back to all athletes.**

Our program consists of a swim program (Thursdays) and gym program (Wednesday) for this session only. Both programs strive to improve physical activity levels, increase independence and provide a social opportunity for participants.

If you are unable to attend a session, please get in touch with Karen. This way we can plan accordingly with equipment and volunteers: (905) 359-6283.

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

Registration

If you haven't already done so, please register and pay your fees at the Welcome Desk. Fees are used to pay for lifeguards, pool / gym time, program equipment, athlete and volunteer fun stuff ! If you need financial assistance please talk to Karen. No one will be turned away from the program due to the registration fees.

Swim Program (4:15-5:30 Thursday)

Swim practices focus on building skills and working towards the individual goals of the participants.

Swimmers will be invited to attend the May swim meet! Once the date is set, I will let you know. It is a fun event, to celebrate how well each swimmer is doing

Each practice will be modeled around:

1. Welcome / Warm-up
2. Stretching
3. Skill
4. Fun Fitness
5. Cool down

Week	Plan
1	Streamline & Body position
2/3	Kicking
4/5	Arms
6/7	Stroke performance
8	Turns, Entries, Races
9	Mini Meet with OW Team
10	Bring a Sibling / Friend FUN DAY

Gym Program (5:15-7pm) Wednesday

The focus of this program is to allow participants the opportunity to work on a variety of different skills while participating in many different adapted sports and activities. The program is unique by **including siblings/friends** of the athletes into the program.

The senior athletes will be continuing to work as a team to increase their skills in wheelchair basketball. They will be travelling to games and tournaments as they become available.

Each practice will be modeled around:

1. Welcome / Warm-up
2. 2 games to choose
3. Regroup / Cool down

Week	Game 1	Game 2
1	Wheelchair basketball	Floor Hockey
2		Indoor swim meet
3		Soccer
4		Target Games
5		Sledge Hockey / Parachute
6		Track n' Field
7		Developmental Games 1
8		Developmental Games 2

Check out the website for current pictures, dates on the calendar section and announcements!

www.niagarapenguins.org

905 359-6283

niagarapenguins@brocku.ca