

Welcome

Since 1987, the Acton Aqua Ducks Swim Club has been introducing young swimmers in our community to the joys and challenges of competitive swimming.

The Club offers four major levels of learning and one recreational programs.

For ages 5 to 12 years there is the Ducklings. Teaching the basics of stroke improvement, participants learn the fundamentals of Freestyle, Backstroke and Breaststroke. This group swims forty-five minutes per week.

These swimmers are then ready to move to the Mini Ducks where they learn starts, turns and the Butterfly stroke. This group swims two hours per week.

With this knowledge participants are then ready for their introduction to competitive swimming in the Novice Ducks Program. Youth 8 to 14 years have an opportunity to practice their skills at provincial swim meets. Swimming three hours per week this group focuses on achieving their personal best.

Finally, the Aqua Ducks competitive team represents the community at swim meets throughout the province. Made up of youth 8 to 18 years these individuals are highly competitive and swim up to seven

hours per week in the Junior Ducks and Senior Ducks Programs.

For older youth wanting the experience of the Aqua Ducks without the commitment of competition, there is a Teen Ducks Swim Program, this group swims up to three hours per week.