



The 2017 - 2018 season is fast approaching - our first day in the pool is Monday, September 11<sup>th</sup> for all swimmers.

There are a number of things that we want to bring to your attention that is covered in this package.

### **VOLUNTEER EXECUTIVE**

The Acton Aqua Ducks Swim Club is a "not for profit" registered corporation. It is run by a volunteer Executive Board, consisting of both elected positions and leaders appointed by the Board. The Club's Executive for the 2017- 2018 year are listed below. Please contact anyone on the Executive to learn how you can be a part of your child's swimming experience. Meetings are held the third Monday of each month at the hub at the pool entrance.

<b>President</b>	Mike Contini	519-853-9115	dkzmike2000@gmail.com
<b>Vice President</b>	Amy Grimason		agrimason75@gmail.com
<b>Secretary</b>	Dave Roden	519-853-2203	anitaroden21@gmail.com
<b>Treasurer</b>	Anita Roden	519-853-2203	<a href="mailto:anitaroden21@gmail.com">anitaroden21@gmail.com</a>
<b>Treasurer/Swimathon</b>	Eva Papp	905-466-6779	evapapp@sympatico.ca
<b>Registrar</b>	Rose Thompson	905-691-8959	thompsonrose62@gmail.com
<b>Fundraising</b>	Dominic Todaro	519-853-9156	dtodaro@vistasecurity.com
<b>Equipment Mgr</b>	Walter Kroezen	519-853-5864	wjkroezen@sympatico.ca
<b>Meet Manager</b>	TBD		
<b>Media</b>	Heather Canali		hcanali@cogico.ca
<b>Officials Coordinator</b>	Walter Kroezen	519-853-5864	wjkroezen@sympatico.ca

## PROGRAMS

### Ducklings Program

Swimmers will be learning their basic swim strokes 45 minutes per week in the pool with the following options. Class size is limited to 6 swimmers. The Ducklings level swimmers must be capable of doing the following:

- swim 5 - 10 meters (dog paddle okay) back and front
- stand on bottom (a plus)
- swim without a flotation device
- comparable to a level 2 with the Town swim lessons

Acton Aqua Ducks swimmers registered in the Ducklings program will learn:

- front crawl - stroke corrections
- back crawl - stroke corrections
- breast stroke basics
- learn to dive
- endurance

Two classes for the Ducklings programs will be available:

Ducklings (A): Monday 5:30 - 6:15 pm

Ducklings (B): Monday 6:15 - 7:00 pm

### Mini Ducks Program

The Mini Ducks program is offered with a maximum of 12 swimmers, swimming two nights each week (2 hours)

Acton Aqua Ducks swimmers registered in the Mini Ducks program must be able to complete:

- front crawl at least 25 meters
- back crawl at least 25 meters
- breast stroke basics
- basic dive
- comparable to Town's level 5-6 and up

Swimmers registered in the Mini Ducks program with the Acton Aqua Ducks will learn:

- front crawl - proper stroke and breathing
- back crawl - proper stroke and breathing
- breast stroke
- front dives
- basic turns
- endurance

Classes for the Mini Ducks programs are held two nights each week:

#### Group A

Tuesday 7:30 - 8:30 pm

**and**

Thursday 7:30 - 8:30 pm

#### Group B

Monday 5:30 - 6:30 pm

**and**

Wednesday 5:30 - 6:30 pm

## Novice Program

The Novice program, which gently introduces swimmers to the joys of competition, offers 3 hours of instruction a week with an hour swim on each Monday, Wednesday and Friday. Class size is limited to 16 swimmers.

The Acton Aqua Ducks is a competitive swim club sanctioned by Swim Ontario, the provincial regulatory body. As such, the Novice Program will only offer competitive registration this year. Swimmers are not required to attend all swim meets; however, we encourage that swimmers experience being involved in swim meets. The coach will recommend which swim meets are available for the Novice Program.

Swimmers registered in the Novice program with the Acton Aqua Ducks will learn:

- front crawl - proper stroke and breathing
- back crawl - proper stroke and breathing
- breast stroke - proper stroke technique
- butterfly - proper stroke technique
- front dives
- flip turns
- competitive swim rules
- physical dry land conditioning

Classes for the Novice program are 3 hours per week held each of the following days:

Monday	6:30 - 7:30 pm
Wednesday	6:30 - 7:30 pm
Friday	6:30 - 7:30 pm

## Junior Program

The Junior program offers five hours of instruction per week for swimmers entering into their Junior competitive swim program. The Junior program is one of our largest programs. In an effort to allow the coach and swimmers time to focus on all elements of this program in a smaller class size, we have separated the Junior program into two classes again for this swim season. Group A will be on Mondays, Thursdays and Fridays and Group B will be on Tuesdays, Wednesdays and Fridays and each Group will consist of 10 swimmers. This will maximize the time that the coach can work with the swimmers and it also helps to reduce the number of swimmers in the pool lanes on Mondays and Wednesdays.

Swimmers registered in the Junior program with the Acton Aqua Ducks will learn:

- front crawl - stroke technique and breathing
- back crawl - stroke technique and breathing
- breast stroke - stroke technique
- butterfly - stroke technique
- starts and flip turns
- enhanced endurance
- competitive swim rules
- physical dry land conditioning

Classes for the Junior Program are 5 hours per week held on each of the following:

### Group A

Monday	5:30 - 7:30 pm
Thursday	7:30 - 8:30 pm
Friday	5:30 - 7:30 pm

### Group B

Tuesday	7:30 - 9:00 pm
Wednesday	5:30 - 7:00 pm
Friday	5:30 - 7:30 pm

## **Senior Program**

The Senior program, where swimmers fully participate in competitions throughout the season, offers 7  $\frac{1}{2}$  hours of instruction per week, Monday through Friday.

This will be both a commitment for the swimmer and parent.

Swimmers registered in the Senior program with the Acton Aqua Ducks will learn:

- increased endurance and improved swim times
- front crawl - finesse stroke technique and breathing
- back crawl - finesse stroke technique and breathing
- breast stroke - finesse stroke technique
- butterfly - finesse stroke technique
- starts and flip turns
- competitive swim rules
- physical dry land conditioning

Classes for the Senior Program are held each weekday:

Monday	5:30 - 7:00 pm
Tuesday	7:30 - 9:00 pm
Wednesday	5:30 - 7:00 pm
Thursday	7:30 - 8:30 pm
Friday	5:30 - 7:30 pm

## **Teen/Rusty Duck Programs**

For the teenagers and "older" swimmers who want to undertake their own exercise program, offers lane swims on Tuesdays, Thursdays and Fridays.

The Teen/Rusty Duck programs do not offer coaching.

Tuesday	7:30 - 8:30 pm
Thursday	7:30 - 8:30 pm
Friday	5:30 - 6:30 pm

## SWIM FEES

The Aqua Ducks have strived to offer a full swim program at a very competitive price and will continue to do so this year. Over the years, we have continuously set our fees to be comparable to municipal programs for our introductory swimmers and substantially lower than comparable swim clubs in the surrounding area for our competitive programs.

As we continue to increase our enrollment, we can offer swim programs at a very competitive rate. However, a quick survey of clubs in the immediate area indicates that we are substantially below the norm in fees. For example, one area club charges approximately \$3000.00 per year for their competitive swim program (our comparable rate is currently about \$1700.00 for our Senior competitive program - our most expensive group).

For 2017 - 2018, fees increased moderately. We are confident that our programs will continue to be the best value for your swimming dollar in the Region. This year, like in the past years, the club has decided that we will add on a \$50.00 per family volunteer fee. If by the end of the year you have fulfilled your volunteer requirements, (which consists of volunteering for three of our events throughout the year) then this \$50.00 fee will be returned to you at year end.

Thanks to our generous sponsors, we are able to keep our fees fairly low.



## 12 Weeks -

For 2017- 2018, program fees for the **FALL (Sept.11-Dec 1) , WINTER (Dec 4-Mar.9), SPRING (Mar.19-Jun.8) SESSIONS** are as follows:

Program	Per session	One time initial fee		Total
	Cost	Insurance*	I Volunteer Fee*	
<b>Ducklings</b>	\$160.00	\$45.90	\$ 50.00	<b>\$255.90</b>
<b>Teen Ducks</b>	\$170.00	\$45.90	\$ 50.00	<b>\$265.90</b>
<b>Mini Ducks</b>	\$235.00	\$45.90	\$ 50.00	<b>\$330.90</b>
<b>Novice Competitive Ducks</b>				
8 and under	\$310.00	\$91.80	\$ 50.00	<b>\$451.80</b>
10 and under	\$310.00	\$111.80	\$ 50.00	<b>\$471.80</b>
11 to 14	\$310.00	\$131.80	\$ 50.00	<b>\$491.80</b>
15 and over	\$310.00	\$151.80	\$ 50.00	<b>\$511.80</b>
<b>Junior Ducks</b>				
8 and under	\$450.00	\$91.80	\$ 50.00	<b>\$591.80</b>
10 and under	\$450.00	\$111.80	\$ 50.00	<b>\$611.80</b>
11 to 14	\$450.00	\$131.80	\$ 50.00	<b>\$631.80</b>
15 and over	\$450.00	\$151.80	\$ 50.00	<b>\$651.80</b>
<b>Senior Ducks</b>				
8 and under	\$495.00	\$91.80	\$ 50.00	<b>\$636.80</b>
10 and under	\$495.00	\$111.80	\$ 50.00	<b>\$656.80</b>
11 to 15	\$495.00	\$131.80	\$ 50.00	<b>\$676.00</b>
16 and over	\$495.00	\$151.80	\$ 50.00	<b>\$696.00</b>

**\*Insurance & Volunteer fee ( once per family) payable in INITIAL registration session only for all swim levels.**

NOTE: Due to registration processing in the Swim Ontario system for swimmers, any swimmer's birthday that falls between September 1<sup>st</sup> and October 31<sup>st</sup> will be required to pay the session fee based on the age of the swimmer by October 31<sup>st</sup>.



Our swim program is now partnered with the Canadian Tire Jumpstart program.  
<http://jumpstart.canadiantire.ca/en/>



## 2017- 2018 REGISTRATION

Attached to this newsletter is a registration form and PIPEDA form (Personal Information Protection and Electronic Documents Act) for the upcoming season. Please fill it out and bring it with you to registration, along with a current cheque for the following sessions.

We will be receiving registration applications at the pool for returning swimmers on Wednesday, September 6<sup>rd</sup>. We will also accept siblings of returning swimmers on September 6<sup>rd</sup>. New swimmer Registration will be on September 7<sup>th</sup> at the pool. If you are unable to make these dates, please at least ensure that your swimmer(s) have a confirmed spot for 2017- 2018 season by emailing Rose Thompson, [thompsonrose62@gmail.com](mailto:thompsonrose62@gmail.com) no later than September 1<sup>st</sup>. Preference will be given to returning swimmers but only until September 6<sup>th</sup>. We now offer email money transfers for your convenience. For more information please contact Anita Roden at [anitaroden21@gmail.com](mailto:anitaroden21@gmail.com). If you wish to email ([thompsonrose62@gmail.com](mailto:thompsonrose62@gmail.com)) or mail your registration form prior to September 6<sup>th</sup>, you can do so by mailing to:

Acton Aqua Ducks  
c/o Rose Thompson  
6630 32 Sideroad  
Acton, ON  
L7J 2L7

New applicants will be allowed to register on a first come first served basis.

Here are the dates and times for 2017-18 registration to be held at the pool entrance:

Wednesday, September 6 <sup>th</sup>	6:00 - 7:30 pm (returning swimmers & new siblings)
Thursday, September 7 <sup>th</sup>	6:00 - 7:30 pm (new swimmers, pool evaluation)

**\*\*** You may register your child in a program, yet the coaches reserve the right to make changes due to swimming ability. **\*\***

Note: Coaches will be on hand on September 7<sup>th</sup> to discuss new swimmers levels and abilities.

The Fall Session runs from Monday, September 11<sup>th</sup> to Friday, December 1<sup>st</sup>.

The Winter Session runs from Monday, December 4<sup>th</sup> to Friday, March 9<sup>th</sup>.

The Spring Session runs from Monday, March 19<sup>th</sup> to Friday, June 8<sup>th</sup>.

If the Acton Indoor Pool closes early in June 2018, our competitive swimmers will be preparing for one last swim meet of the year. The swimmers will swim at the Georgetown Indoor Pool for a practice in addition to dry land training at McKenzie Smith Bennett School. Time to be advised at a later date.

## **Dates to Remember:**

**REGISTRATION** (Returning swimmers) : September 6th - 6pm - 730pm

**REGISTRATION** (New swimmers): September 7<sup>th</sup> - 6pm - 730pm (POOL EVALUATION)

Fall Session Starts : September 11, 2017

**\*\* NO SWIM CLASSES ON THANKSGIVING : Monday October 9th, 2017 \*\***

**\*\* NO SWIM CLASSES ON HALLOWEEN : Tuesday 31<sup>st</sup> , 2017 \*\***

Sports Day/ Bring a Friend to practice: November 15<sup>th</sup>, 2017

CHRISTMAS PARADE : November 18<sup>th</sup>, 2017 (tentative)

Parent Viewing Week : The week of November 20<sup>th</sup> - November 24<sup>st</sup> , 2017

First Day of Winter Session : December 4<sup>th</sup>, 2017

Family Christmas Swim & Basket Draw : December 22nd 2017, 5:30pm - 7:30pm

**\*\* NO SWIM CLASSES BETWEEN December 18th and January 5th. \*\***

Winter Session Resumes : January 8<sup>th</sup>, 2018

**\*\* NO SWIM CLASSES ON FAMILY DAY : February 19<sup>th</sup>, 2018 \*\***

Parent Viewing Week : The Week of February 26th - March 2<sup>nd</sup> 2018

Swim A Thon : Friday, March 2<sup>nd</sup> & Friday March 23<sup>rd</sup> 2018

**\*\* NO SWIM CLASSES DURING MARCH BREAK : March 12<sup>th</sup> to March 16<sup>th</sup>. \*\***

First Day of Spring Session : March 19<sup>th</sup> , 2018

**\*\* NO SWIM CLASSES ON GOOD FRIDAY : March 30<sup>th</sup> 2018 \*\***

**\*\* NO SWIM CLASSES ON VICTORIA DAY MAY 21<sup>st</sup>, 2018 \*\***

Mini Meet : Friday May 25<sup>th</sup> , 2018

Parent Viewing Week : The Week of May 25<sup>th</sup> - June 1<sup>st</sup> 2018

Family Swim Fun Night : June 8<sup>th</sup>, 2018 - 5:30pm - 7:30pm

**\*\*\*\*\*YEAR END BBQ & AWARDS:**

**TENTATIVELY JUNE 23<sup>TH</sup>, 2018 AT Guelph Lake \*\*\*\*\***



## **VOLUNTEER OPPORTUNITIES FOR THE 2017- 2018 SEASON**

EXECUTIVE BOARD MEMBER

CHRISTMAS PARADE FLOAT

SPORTS DAY HELP

CHRISTMAS BASKET DRAW

DANCES

SWIM MEET OFFICIALS

ELECTRONICS DRIVE

LEATHERTOWN FESTIVAL

MINI MEET

YEAR END BBQ

AND MORE.....



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

Email address: \_\_\_\_\_

Home Phone # \_\_\_\_\_ Business/Emergency # \_\_\_\_\_

Guardian/Father name \_\_\_\_\_ Guardian/Mother name \_\_\_\_\_

Doctor's Name & Phone # \_\_\_\_\_

Ontario Health Card # \_\_\_\_\_

Allergies or Medical Concerns: \_\_\_\_\_

Does the swimmer swim with a disability ( Para Swimmer) –physical / locomotor, visual impairment / blindness or intellectual. If yes, please indicate the swimmer's classification number S\_\_\_\_, SB\_\_\_\_, SM\_\_\_\_

Do you have Aboriginal Ancestry (voluntary question) \_\_\_\_\_.

If yes, please choose one of the following: Statut/Treaty \_\_\_\_\_, Non-Status \_\_\_\_\_, Metis \_\_\_\_\_ or Inuit \_\_\_\_\_

Date: \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

**\*\*NOTE\*\*** If this is your first time registering, please bring a copy of your child's Birth Certificate.

Office Use Only

Level: \_\_\_\_\_

Session Fee: \_\_\_\_\_

Date Paid: \_\_\_\_\_

Cash / Cheque: \_\_\_\_\_

Swim Ontario Registration # \_\_\_\_\_



## Personal Information Protection & Electronic Documents Act

### CONSENT FORM

Club Name \_\_\_\_\_

Swimmer Name \_\_\_\_\_

**Please Read Carefully, Complete and sign this form.**

A Parent or Legal Guardian must sign for those swimmers under the age of 18.

The federal Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information.

The personal information you provide to the Club from this registration will be used for the purposes reasonably associated with the swimming activities conducted by the Club. These purposes include national, provincial and event registration, insurance coverage, training and competition participation and competition result publication. Some of the information you provide will be passed on to Swimming/Nation Canada ("SNC") and Swim Ontario, for purposes including association registration, insurance coverage and:

- a) Ensuring swimmers train and compete in an age appropriate environment;
- b) Establishing athlete eligibility for selection to swim teams;
- c) Establishing pertinent medical records
- d) Reporting non-identifying, demographic and participation statistics to funders, sponsors and other authorized 3<sup>rd</sup> parties;
- e) Publishing athletes' names, genders, ages, club affiliations on our web page or in results, news releases and ranking reports;
- f) Making direct contact with swimmers as necessary for the operation of the Club, Swim Ontario and SNC.

Additional personal information may be collected from time to time. Consent for the use of this personal information may be inferred where its uses are obvious and it has been voluntarily provided. When not obvious, the purposes for collection will be provided prior to, or at the time of collection; either orally or in writing.

Complete texts of the Privacy/Personal Information Policies (variously the "Policy" or "Policies") may be found at: for SNC at: [www.swimming.ca](http://www.swimming.ca) and for Swim Ontario at: [www.swimontario.com](http://www.swimontario.com).

Should a swimmer wish to review their personal information held by either the Club, Swim Ontario, or SNC they must make a request to the appropriate organization's Policy. Further, swimmers may withdraw consent to use their personal information pursuant to the Policies. Such a withdrawal however, may require the cancellation of your membership with and suspension of your activities with the Club, Swim Ontario and SNC.

All swimmers or their legal guardian must sign a copy of this form.

I hereby consent to the collection and use of personal information as described above.

Swim Ontario's policy with regard to the PIPEDA will be available at the registration desk. Please read it and sign the consent area of this form.

In addition, I give permission to the Acton Aqua Ducks to include swimming information, name and/or pictures regarding my child(ren) in communication media such as, but not limited to, Club newsletter, e-mail, bulletin board, local newspapers and the Club website. I give permission to the Acton Aqua Ducks to use underwater cameras to film my child(ren) to be used for in-house technical skills training by the coaches.

\_\_\_\_\_  
Signature of Swimmer (18 or older)  
Or Parent/Guardian

\_\_\_\_\_  
Date

