



PROGRAMS

Our programs will run through three sessions over the course of the 2023-2024 year and are as follows:

Session	Dates	Duration
Fall	September 11 th , 2023 – December 1st, 2023	12 weeks
Winter	December 4 th , 2023 – March 8 th , 2024	12 weeks
Spring	March 25 th , 2024 – June 7 th , 2024	12 weeks

PROGRAM	SWIMMERS MUST BE CAPABLE OF DOING THE FOLLOWING / WHAT THEY WILL LEARN	PROGRAM SCHEDULE
<p>DUCKLING</p> <p>Swimmers will be learning their basic swim strokes, 1 hr. per week in the pool with the following options. Class size is limited to 8 swimmers.</p>	<ul style="list-style-type: none"> ▪ swim 25 meters (dog paddle okay) back and front ▪ stand on bottom (a plus) ▪ swim without a flotation device ▪ comparable to a level 5/6 with the Town swim lessons <p>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</p>	<p>Duckling: Wednesdays 5:30 – 6:30 pm</p>
<p>MINI DUCK</p> <p>The Mini Duck program is offered with a maximum of 12 swimmers per group at this time, swimming two nights each week (2 hours total) Acton Aqua Duck swimmers registered in the Mini Duck program must be able to complete (comparable to Town's level 5- 6 and up):</p>	<ul style="list-style-type: none"> ▪ front crawl at least 25 meters ▪ back crawl at least 25 meters ▪ breast stroke basics ▪ butterfly basics ▪ basic dive <p>Swimmers registered in the Mini Duck program with the Acton Aqua Ducks will learn: front crawl – proper stroke and breathing; back crawl – proper stroke and breathing; breast stroke; competitive front dives; introduction to butterfly, basic turns; endurance</p>	<p>Classes for the Mini Ducks programs are held two nights each week:</p> <p>Group (A): Mondays 5:30-6:30pm Wednesdays 5:30-6:30pm</p> <p>Group (B): Tuesdays 7:30-8:30pm Thursdays 7:30-8:30pm</p>

NOVICE PROGRAM

The Novice program, which gently introduces swimmers to the joys of competition, offers 3 hours of instruction per week with an hour swim on each Monday, Wednesday and Friday. Class size is limited to **15 swimmers** per group at this time.

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 (total) and held on each of the following days:

Mondays 6:30-7:30pm
Wednesdays 6:30-7:30pm
Fridays 6:30-7:30pm

JUNIOR PROGRAM

The Junior program offers 5 hours of instruction per week for swimmers entering into the Junior competitive swim program. Class size is limited to **15 swimmers** per group at this time.

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.

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

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

Classes for the Junior programs are held three nights each week:

Group (A):
Mondays 5:30-7:30pm
Wednesdays 5:30-7:00pm
Fridays 5:30-7:00pm

Group (B):
Mondays 5:30-7:30pm
Tuesdays 7:30-9:00pm
Thursdays 7:30-9:00pm

We cannot at this time be flexible with hours of swimming for the Junior group. The group that they register for, must be the same group for the season.