



The 2023 – 2024 season is fast approaching. Our first day in the pool will be Monday, September 11<sup>th</sup> for all swimmers. **Please read this package over carefully.**

**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 2023– 2024 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 second Tuesday of each month in person or VIA Zoom.

| Board Members              |                              |  |
|----------------------------|------------------------------|--|
| President                  | Meagan Charland              |  |
| Vice President             | Stephanie Hunt               |  |
| Financial officer          | Rose Thompson                |  |
| Secretary                  | Stephanie Hunt               |  |
| Registrar / Head Coach     | Rose Thompson                |  |
| Swim-a-thon Coordinator    | Rose Thompson                |  |
| Officials Coordinator      | Walter Kroezen               |  |
|                            |                              |  |
| Meet Manager               | Coaching staff               |  |
| Newsletter Editor          | Kelsea Marcolini             |  |
| Fundraising Coordinator(s) | <i>Open to new executive</i> |  |
| Social event Coordinator   | Meagan Charland              |  |
| Social Media Coordinator   |                              |  |

***WE NEED YOUR HELP! We are looking to fill a few vacant positions, so if you wish to become a part of our board, please contact us.***

**SPONSORS/FUNDRAISING**

At this time, we are in need of a Fundraising coordinator that will also be able to conjure up sponsors to help offset costs incurred within the swim club. If you have some great fundraising ideas and are interested in this position on the board, please let us know and we can get you started.

**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 <sup>th</sup> , 2023 – December 1st, 2023         | 12 weeks |
| Winter  | December 4 <sup>th</sup> , 2023 – March 8 <sup>th</sup> , 2024 | 12 weeks |
| Spring  | March 18 <sup>th</sup> , 2024 – June 7 <sup>th</sup> , 2024    | 12 weeks |

| PROGRAM  | SWIMMERS MUST BE CAPABLE OF DOING THE FOLLOWING / WHAT THEY WILL LEARN                            | PROGRAM SCHEDULE |
|--|---|------------------|
| <b>DUCKLING</b><br>Swimmers will be learning their basic | <ul style="list-style-type: none"> <li>swim 25 meters (dog paddle okay) back and front</li> </ul> |                  |

|  |  |   |
|--|--|---|
| <p>swim strokes, 1 hr. per week in the pool with the following options. Class size is limited to <b>8 swimmers</b>.</p>  | <ul style="list-style-type: none"> <li>▪ stand on bottom (a plus)</li> <li>▪ swim without a flotation device</li> <li>▪ comparable to a level 5/6 with the Town swim lessons</li> </ul> <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:<br/>Wednesdays 5:30 – 6:30 pm</p>  |
| <p><b>MINI DUCK</b></p> <p>The Mini Duck program is offered with a maximum of <b>12 swimmers</b> per group at this time, swimming two nights each week (2 hours total)<br/>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"> <li>▪ front crawl at least 25 meters</li> <li>▪ back crawl at least 25 meters</li> <li>▪ breast stroke basics</li> <li>▪ butterfly basics</li> <li>▪ basic dive</li> </ul> <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):<br/>Mondays 5:30-6:30pm<br/>Wednesdays 5:30-6:30pm</p> <p>Group (B):<br/>Tuesdays 7:30-8:30pm<br/>Thursdays 7:30-8:30pm</p> |
| <p><b>NOVICE PROGRAM</b></p> <p>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 <b>15 swimmers</b> per group at this time.</p> <p>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.</p> | <p>Swimmers registered in the Novice program with the Acton Aqua Ducks will learn:</p> <ul style="list-style-type: none"> <li>▪ front crawl – proper stroke and breathing</li> <li>▪ back crawl – proper stroke and breathing</li> <li>▪ breast stroke - proper stroke technique</li> <li>▪ butterfly – proper stroke technique</li> <li>▪ Front dives</li> <li>▪ Flip turns</li> <li>▪ Competitive Swim rules</li> <li>▪ Physical dry land conditioning</li> </ul>                    | <p>Classes for the Novice program are 3 hours per week (total) and held on each of the following days:</p> <p>Mondays 6:30-7:30pm<br/>Wednesdays 6:30-7:30pm<br/>Fridays 6:30-7:30pm</p>                            |
| <p><b>JUNIOR PROGRAM</b></p> <p>The Junior program offers 5 hours of instruction per week for swimmers entering into the Junior competitive swim program. Class size is limited to <b>15 swimmers</b> per group at this time.</p> <p>The Junior program is one of our largest programs. In an effort to allow the coach</p>  | <p>Swimmers registered in the Junior program with the Acton Aqua Ducks will learn:</p> <ul style="list-style-type: none"> <li>▪ front crawl – stroke technique and breathing</li> <li>▪ butterfly – stroke technique</li> <li>▪ starts and flip turns</li> <li>▪ back crawl</li> <li>▪ finesse stroke technique and breathing</li> <li>▪ breast stroke</li> </ul>  | <p>Classes for the Junior programs are held three nights each week:</p> <p>Group (A):<br/>Mondays 5:30-7:30pm<br/>Wednesdays 5:30-7:00pm<br/>Fridays 5:30-7:00pm</p> <p>Group (B):</p>                              |

|  |  |  |
|--|--|--|
| <p>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.</p> | <ul style="list-style-type: none"> <li>▪ finesse stroke technique</li> <li>▪ enhanced endurance</li> <li>▪ competitive swim rules</li> <li>▪ physical dry land conditioning</li> </ul> | <p>Mondays 5:30-7:30pm<br/>Tuesdays 7:30-9:00pm<br/>Thursdays 7:30-9:00pm</p> <p><b>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.</b></p> |
|--|--|--|

### 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 the clubs in the immediate area indicates that we are substantially below the norm in fees.

For 2023 – 2024, fees have increased slightly. We are confident that our programs will still continue to be the best value for your swimming dollar in the Region. This year, like years in the past, the club has decided to add on a \$75.00 per family volunteer fee. If by the end of the year you have fulfilled your volunteer requirements (which consists of volunteering at three of our events throughout the year), this \$75.00 fee will be returned to you at year end. A form will be attached in the welcome package, send out at the start of the season, that will be required to be signed off by a member of the board to track this.

#### Fees are as follows:

| Program       | Per Session Cost | Insurance Fee* | Volunteer Fee | Total           |
|---------------|------------------|----------------|---------------|-----------------|
| Ducklings     | \$200.45         | \$54.05        | \$75.00       | <b>\$329.50</b> |
| Mini Ducks    | \$305.45         | \$54.05        | \$75.00       | <b>\$434.50</b> |
| <b>Novice</b> |                  |                |               |                 |
| 8 and under   | \$412.10         | \$123.90       | \$75.00       | <b>\$611.00</b> |
| 10 and under  | \$412.10         | \$143.90       | \$75.00       | <b>\$631.00</b> |
| 11 to 14      | \$412.10         | \$163.90       | \$75.00       | <b>\$651.00</b> |
| 15 and over   | \$412.10         | \$183.90       | \$75.00       | <b>\$671.00</b> |
| <b>Junior</b> |                  |                |               |                 |
| 8 and under   | \$545.10         | \$123.90       | \$75.00       | <b>\$744.00</b> |
| 10 and under  | \$545.10         | \$143.90       | \$75.00       | <b>\$764.00</b> |
| 11 to 14      | \$545.10         | \$163.90       | \$75.00       | <b>\$784.00</b> |
| 15 and over   | \$545.10         | \$183.90       | \$75.00       | <b>\$802.00</b> |

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

If you are swimming in the Novice or Junior group and have chosen to **NOT** attending swim meets you will be required to pay the insurance fee for the Duckling and Mini Ducks at **\$54.05**. This will still enable you to swim at one meet during the season (as per your coach's recommendation). If you wish to change your mind and attend more than one meet at a later date, we will adjust the fee then.

NOTE: Due to registration processing in the Swim Ontario system, 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>.

Families registering 3 or more swimmers: there is a 10% fee reduction for each child after the first swimmer has been registered (highest fee will be calculated first).

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



**All swimmer registrations must be accompanied by a registration form and PIPEDA form (Personal Information Protection and Electronic Documents Act) for the upcoming season (attached).**

We will be receiving registration applications **no later than September 2<sup>nd</sup>** by email or mail. Preference will be given to returning swimmers only until **September 2<sup>nd</sup>**. Registration forms and payment must be included in order to get the registration process started.

Acton Aqua Ducks  
c/o Rose Thompson  
3 Victoria Street  
Georgetown, ON  
L7G 3N1  
[thompsonrose62@gmail.com](mailto:thompsonrose62@gmail.com)

Registration fees are to be sent to our treasurer (preferably via email) money transfers to [actonaquaducks@gmail.com](mailto:actonaquaducks@gmail.com) password **swimming**.

---

### **NEW SWIMMERS**

Swim evaluations will be held on Thursday August 31, 2023 from 6:00 – 7:30pm.

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

Once registration is complete on the Swim Ontario website by our registrar, you will be sent an email for completion of the following forms.

✓ Acknowledgement and Assumption of Risk

✓ Swim Ontario Code of Conduct and Concussion (Rowan's Law) Acknowledgements.

If the forms are not filled on your Swim Canada registration page before swimming commences, your swimmer will not be able to participate.

If the Acton Indoor Pool closes early in June 2024, our competitive swimmers will swim at the Georgetown Indoor Pool and complete their dry land training at the McKenzie Smith Bennett School in order to prepare for any outstanding swim meets.

---

### **EQUIPMENT**

**All swimmers are responsible for their own equipment.**

We do recommend leveraging our Team Discount at [Team Aquatic Supplies](#). Coupon Code Act125 . Team Spirit Wear can also be purchased from our local supplier, [Global Promotional Apparel](#).

The club will still have some equipment left for sale. An equipment inventory will be sent out in the Welcome package, near the first week of startup.

Please visit our team [website](#) for more information

---

---

## KEY DATES 2023-2024 SEASON

Dates are tentative, subject to change, and include **volunteer opportunities** (highlighted in yellow)

|  |   |
|--|---|
| August 13 <sup>th</sup> , 2023                           | <b>Leathertown festival (help with the booth)</b>                       |
| August 31 <sup>st</sup> , 2023                           | New Swimmer Evaluations 6-730 pm Acton pool                             |
|  |   |
| <b>September 11<sup>th</sup>,2023</b>                    | <b>Fall Session begins</b>  |
| September 16 <sup>th</sup> , 2023                        | <b>Acton Fall Fair 50/50 fall fair ticket sales</b>                     |
| Monday October 9 <sup>th</sup> ,2023                     | Thanksgiving – NO SWIM CLASSES  |
|  |   |
| TBD Possible November 18 <sup>th</sup> ,2023             | <b>Town Christmas Parade (set up, takedown, ideas)</b>                  |
| Week of Nov 20 <sup>th</sup> – 24 <sup>th</sup> ,2023    | Parent Viewing Week – Schedule to follow                                |
| Week of Nov 27 <sup>th</sup> – 30 <sup>th</sup> ,2023    | Bring a friend to practice week. Schedule to follow.                    |
|  |   |
| <b>December 4<sup>th</sup>, 2023</b>                     | <b>Winter session begins</b>  |
| December 22 <sup>nd</sup> ,2023                          | Last swim before Christmas (Family Swim night)                          |
| Dec 25 <sup>th</sup> – Jan 5 <sup>th</sup> ,2024         | Christmas – NO SWIM CLASSES   |
| January 8 <sup>th</sup> ,2024                            | Swim classes resume   |
| February 19 <sup>th</sup> ,2024                          | Family Day – NO SWIM CLASSES  |
| Week of Feb 26 <sup>th</sup> – Mar 1 <sup>st</sup> ,2024 | Parent Viewing Week – Schedule to follow                                |
|  |   |
| <b>March 11<sup>th</sup>,2024</b>                        | <b>Spring Session Starts</b>  |
| March 18 <sup>th</sup> – 22 <sup>nd</sup> ,2024          | March Break – NO SWIM CLASSES   |
|  |   |
| March 29 <sup>th</sup> ,2024                             | Good Friday – NO SWIM CLASSES   |
| April 1 <sup>st</sup> ,2024                              | Easter Monday – NO SWIM CLASSES   |
| May 10 <sup>th</sup> ,2024                               | <b>Club Mini Meet (varied positions)</b>                                |
|  |   |
| May 20 <sup>th</sup> , 2024                              | Victoria Day – NO SWIM CLASSES  |
| May 27 <sup>th</sup> – May 29 <sup>th</sup> ,2024        | SWIMATHON Schedule to follow  |
| May 27 <sup>th</sup> – May 29 <sup>th</sup> ,2024        | Parent Viewing Week combined with Swimathon                             |
| June 7 <sup>th</sup> ,2024                               | last day of swimming season   |
| June 15 <sup>th</sup> ,2024                              | Spring Session Team Social & Year End Celebration                       |
|  |   |
| <b>Miscellaneous</b>                                     | <b>Swim meet officials (when your child is participating in a meet)</b> |
|  | <b>Executive board member</b>   |
|  | <b>Fundraising help</b>   |
|  | <b>Social media coordinators (Facebook, Instagram, twitter)</b>         |



## 2023 – 2024 REGISTRATION FORM

Name (First/Last) \_\_\_\_\_ Date of Birth (M/D/Y) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

Male \_\_\_\_ Female \_\_\_\_ Age \_\_\_\_ Email address: \_\_\_\_\_

Guardian/Father (name/contact #) \_\_\_\_\_

Guardian/Mother (name/contact #) \_\_\_\_\_

Main contact person (name/#) \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Doctor's 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: Status/Treaty \_\_, Non-Status \_\_, Metis \_\_ Inuit \_\_

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

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

---

### 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