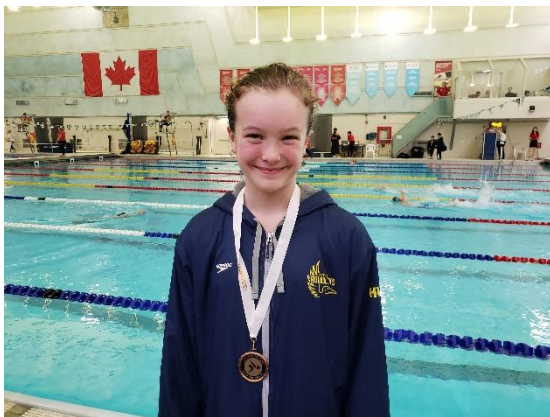


Winter Update!

Regional 'B' Championships

Two of our Ducks, Arian and Kayleigh, qualified for the Central Region 'B' Championships which took place February 2-4. Arian qualified in the 100m breaststroke and kept his same time. Kayleigh swam the 100m freestyle, 100m breaststroke, 100m backstroke, and 50m freestyle, and dropped time in every swim. Congratulations Kayleigh on placing 2nd in the 100m breaststroke!



In case you missed our Facebook and Instagram updates: introducing our "Meet the Coaches" series! To start off, meet our head coach, Rose!



JOIN US

----- IN SUPPORT OF -----



By using the FlipGive app to help us with our Fundraising

Here's how:

1. Download the app and earn cash back on things you are already buying to help support your local Swim Team. It's 100% Free to Use
2. Enter the following Details:
 - Team Name: Acton Aqua Ducks
 - Enter Code from an invitation or use Code MDL6FS
3. Start Shopping

One great way to support the club is by using the FlipGive app for your shopping! It is easy to use and earns money for the club from your daily purchases!

New coach on deck!

Some of you may have noticed a new face on deck in the last couple weeks. We are happy to welcome Sue Steele to the Ducks, who brings a wealth of technical knowledge to share with our swimmers. Welcome to the Ducks, Sue!

Save the dates

- **Friday, May 10th**- Mini Meet
- **Week of May 13th**- Swim-a-thon
- **Saturday, June 15th**- Guelph Lake BBQ