

Happy New Year !



We would like to extend a **welcome or welcome back to all athletes.**

Our program consists of a swim program (Thursdays) and gym program (Saturdays).

If you are unable to attend a session, please get in touch with Karen. This way we can plan accordingly with equipment and volunteers: (905) 359-6283.

If you would like any further information or have questions, do not hesitate to contact Karen.

Registration

If you haven't already done so, please register and pay your fees at the Welcome Desk. Fees are used to pay for lifeguards, pool / gym time, program equipment, athlete and volunteer fun stuff ! If you need financial assistance please talk to Karen. No one will be turned away from the program due to the registration fees.

Gym only - \$50

Swim only - \$67.50 (due to shortened session)

Gym and Swim - \$100

Gym Program (12:00 – 1:30pm Juniors ; 2pm Seniors) Saturday Gym 2

Dates: January 16th to March 13th – NO PROGRAM Feb 27th

The senior athletes will be continuing to work as a team to increase their skills in wheelchair basketball.

The upcoming tournaments are Feb 27th in Brampton and April 10th at Brock. We are soon to announce a head coach for the team.

Themes for the Juniors:

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|-----------------------------|-----------------|
| 1. Low Organizational Games | 5. Volleyball |
| 2. Soccer | 6. Gymnastics |
| 3. Hockey | 7. Paddle Games |
| 4. Track and Field | 8. Target Games |

Swim Program (4:15-5:30pm) Thursday Brock Pool

Dates: January 14th – March 11th – NO PROGRAM February 4th

Swim practices focus on building skills and working towards the individual goals of the participants.

All swimmers are invited to attend the March swim meet! Details to come. It is a fun event, to celebrate how well each swimmer is doing. This session each swimmer will get a progress report on their swimming ability.

Week by week plan:

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|---------------------------|------------------------------|--|
| 1. Body position in water | 5. Stroke Practice | |
| 2. Arms – Front | 6. Starts, Stops, Turns | |
| 3. Arms – Back / Side | 7. Water Sport Day | |
| 4. Legs – Kicking | 8. Mini Meet during practice | 9. Bring a Friend / Sibling – FUN DAY! |

Check out the website for current pictures, dates on the calendar section and announcements!

www.niagarapenguins.org 905 359-6283

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