

Happy New Year !

We would like to extend a **welcome back to all volunteers**. Thanks for returning !

The **success of the program depends on you**, the volunteer. You need to be on time and attend all the practices you have committed to, starting in January right through to March 13th. If in an emergency you are unable to attend, it is imperative that you get in touch with Karen immediately, either via email or cell phone. **Without volunteers we cannot run the program.**



This session we need:

- 1) **All volunteers to be on time (11:45am Gym / 4pm Swim)**
- 2) **Volunteers to help run the April 10th Wheelchair Basketball tournament at Brock**
- 3) **Book March 11th from 6-8pm for the Volunteer Appreciation Event – details to come!**
- 4) **Volunteers to lead parts of the program**

Gym Program (11:45am – 2pm) Saturday Gym 2

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

Themes for the Juniors:

- | | |
|-----------------------------|------------------------------|
| 1. Low Organizational Games | 5. Volleyball |
| 2. Soccer | 6. Gymnastics (Reading Week) |
| 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

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 (Reading Week) | |
| 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!

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