

**WANT TO HAVE FUN IN
A SUPPORTIVE TEAM
ENVIRONMENT?**



**READY TO TAKE YOUR
SWIMMING TO A NEW
LEVEL?**



**For more Info ...
Please contact us!**

**RED DEER
CATALINA
SWIM CLUB**

**Our office is located downtown
at #2, 4810 50 Ave Red Deer, AB**

Phone: 347-SWIM (7946)

Fax: 403-314-9673

**Email address:
rdcatalina@telus.net**

**Mailing address:
#2 4810 50 Ave
Red Deer, AB
T4N 4A3**



Red Deer



Swim Club

Pre-competitive
Programs for all ages!

**To Register or for
Information Call:**

347-SWIM (7946)

**Red Deer Catalina Swim Club
Office Hours:**

**Monday & Friday
8:30 am – 1:30 pm
Wednesdays
1:00 - 5:00 pm**

**Email: rdcatalina@telus.net
Web: www.reddeercatalina.ca**

Catalina Pre-competitive Program is geared for all ages and abilities!

High quality instructional program, based on teaching young swimmers the skills needed throughout their athletic careers in order to succeed.

10weeks: 3 practices/wk of 60 minutes

- Sessions are cancelled on statutory holidays

- **Learn New Skills:** focusing on the essential elements of the four competitive strokes.
- **Develop personal discipline** and adherence to team routines and practices.
- **Develop a passion for the sport** of swimming and desire for personal improvement.
- **Feel successful** through positive feedback.
- **Have fun** in a supportive team environment!



Is Your Child Qualified? More than likely - YES!

If your child can:

- swim at least **one length of the pool unassisted**
- swim on his/her front or back
- demonstrate effective breathing skills

...then this is the place for them!



For more info, or for an evaluation, call 347-SWIM (7946) or email: rdcatalina@telus.net

We would be happy to answer questions about our programs. We anticipate that spaces will fill up quickly. Call today to be a part of the Red Deer Catalina Swim Club! Any openings will be filled on an ongoing basis throughout the year as space permits.



Pre-Comp Program Set-Up:

2011/12 FALL/WINTER SESSIONS

Session 1: Sept 20th to Nov 25th

Session 2: Jan 16th to Mar 24th

Session 3: April 2nd to June 1st

All sessions run from 4-5pm

At Michener Pool

Tues/Thurs/Fri

Cost is \$285 per session

(Plus yearly Swim Alberta fee of \$47)

Required Equipment:

- Swimsuit
- Cap
- Goggles

