

# **The Perth Stingrays Aquatic Club is Looking for New Swimmers!**

**Come and see what group is your best fit!**  
**“Competitive Swimming” Program beginning in January 2019**

**Winter Session Swimming Begins: January 8, 2019 to March 28, 2019 (No practices during March Break)**

**Spring Session: April 2, 2019 to June 13, 2019**

**What do you need?**

- **A love of swimming**
- **The ability to swim a minimum of 1 length (25 meters) of any stroke**

**When should you get a swimming assessment?**

- **Tuesday, January 8, 2019 from 4:00 – 5:00 p.m. or**
- **Thursday, January 10, 2019 from 4:00 – 5:00 p.m. or**
- **Tuesday, January 15, 2019 from 4:00 – 5:00 p.m**
- **Bring your suit, towel and goggles (if you have some) and we will evaluate your swimming and place you in the right group.**
- **It will only take about 5 minutes to get assessed, so come on out!**

**For more information, please contact Rod Agar, Head Coach, at 613-264-9839 or [psacheadcoach@gmail.com](mailto:psacheadcoach@gmail.com)**

## **About Our Competitive Swimming Club**

**The Perth Stingrays is a competitive swim team that offers opportunities for kids in Perth and the surrounding areas with high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.**

**The Perth Aquatic Swim Club is a fantastic way for your child to learn cooperation, discipline, sportsmanship, teamwork and have a great time doing it!**

**For entry-level swimmers, our Introduction to Competitive Swimming Program is geared to children who are looking to become stronger swimmers and improve their fitness while experiencing competitive swimming in a learner-centred environment. This introductory program consists of three 11-week sessions. Each session is made up of two 45-minute practices per week. The practices are held Tuesdays and Thursdays from 4:25 – 5:10 and 5:15 – 6:00 p.m. The main objective is to teach the stroke techniques needed to swim all four competitive swimming strokes: front crawl, back crawl, breaststroke and butterfly.**

**For more information and to Register, go to <https://www.teamunify.com/canpsac>**