



*Youth Summer Swim Club*

**BCSSA WINTER MAINTENANCE PROGRAM**

**January to April 2012**

Sundays 9-11am or Thursdays 6-8pm

REGISTRATION DATES\* @ CAC Pool Lobby:

**Sunday Dec.4<sup>th</sup> 9-11am &**

**Thursday Dec.8<sup>th</sup> 6-8pm**

\*Ongoing Registration available after these dates by Appt.

*Have fun, stay fit, make new friends and  
be part of the Team,  
at the **Cowichan** Aquatics Centre!*

***SEE IMPROVEMENTS OR LEARN:***

- \* **FRONT CRAWL**   \* **BACKSTROKE**
- \* **BUTTERFLY**   \* **BREASTSTROKE**
- \* **STARTS AND TURNS**



**Also NOW AVAILABLE:**

2<sup>nd</sup> Annual PRE-BREAKERS  
Program for 3-6 years old!



***BEING A BREAKER MEANS...***

- \* **FUN**   \* **FAMILY INVOLVEMENT**
- \* **FITNESS**   \* **SUCCESS**

**Ongoing Registration!** Contact:

Cathey 250.709.2236 [cathey@cvbreakers.ca](mailto:cathey@cvbreakers.ca)

General inquiries: [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca)

Visit us @ [www.cvbreakers.ca](http://www.cvbreakers.ca)

