



Youth Summer Swim Club

BCSSA Summer Swim Team PROGRAM
SUMMER 2010
ONGOING REGISTRATION

*Fun, Fitness & Skills Development and
Competitive Programs available*

Swimming Weekdays in:

June 6-7:30pm

July & Aug 6-7:30pm & 7:30 - 9am*

(*Check website for accurate Practice Schedule)

"Be part of our team! Have fun & stay active"
at the **Cowichan** Aquatics Centre!

CONCENTRATING ON:

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

PREREQUISITE – able to swim
a min. of 25 meters, unassisted,
and Coach's evaluation required.



BEING A BREAKER MEANS...

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

For information or to register, Contact:
Deanna 250.748.1745 deanna@cvbreakers.ca

...for schedules and more info...

www.cvbreakers.ca

