

SPECIAL SWIM PROGRAMS

PRE-SEASON CONDITIONING

Class #10705 Class Fee \$110

September 12th-OCTOBER 26th **MUST BE LEVEL 3 OR HIGHER**

What a great way to get ready for the swim season! This is a special program run by the Hayden Dolphins Swim Team Coach that is designed to jump start your swimming. Come get a work out before the season! This is NOT an instructional program. There will be little attention given to stroke improvement. Endurance, lap swimming etiquette, and corrections for freestyle, backstroke, breaststroke, and butterfly will be highlighted.

Tuesdays and Thursdays Section D 5:15-6:00 PM

SWIM TEAM CLINIC

Class #10705 Class Fee \$110

September 12th-OCTOBER 26th **MUST BE LEVEL 3 OR HIGHER**

This program will focus on competitive swim strokes. Flip turns, use of the starting blocks, and drills, tips, techniques for freestyle, backstroke, breaststroke, and butterfly will be offered. This program will be coached by the Hayden Dolphins Swim Team Coach. Come fine tune your skills for your swim team season.

Tuesdays and Thursdays Section D1 6:00-6:45 PM

LEVEL 6 AND BEYOND

Grades 2 & Up

Class # 10703 Class Fee \$110

Tuesday	6:45-7:30	Session 1	Section G
Thursday	6:45-7:30	Session 1	Section G
Saturday	11:15-12:00	Session 1 & 2	Section G2

This class is for Hayden members who have passed level 5 or 6 of Red Cross Swimming. The program will cover some competitive strokes, endurance, and the use of swim gear (fins, paddles and pull-buoys).

PRACTICE SQUAD

THE HAYDEN PRACTICE SQUAD

Grades K & Up

Class # 210705 Section B Fee \$260

November 1st - February 14th

Participants must be level 3 or higher

Monday and Wednesday 5:15-6:00

This is a non-competitive introduction into the sport of swimming for level 3 and above. Swimmers will learn the fundamentals of swim team through drills, workouts and lap swimming with some of our Dolphins coaches and work to build endurance and technique in all competitive strokes. Practice squad does not participate in swim meets and is not a Red Cross instructional swim class.

Registration for this program will begin at 7:00 AM on October 3rd both online and at the Centre.

Must have level on file.

JUNIOR DOLPHINS

Ages 3 & Up

Class #210705 Section C Fee \$153

November 4th - February 17th

For swimmers level Lil' Splashers II AND LEVELS 2, 3 AND 4

Saturdays 11:45-12:30

Are you excited about competitive swimming, but you're not quite ready yet? This is the program for you! The Hayden Dolphins Swim coach will teach you techniques and build your confidence to pursue competitive swimming. Good freestyle and backstroke form will be taught along with breaststroke and butterfly kicks.

Registration for this program will begin at 7:00 AM on October 3rd both online and at the Centre.

Must have level on file.

HAYDEN DOLPHINS SWIM TEAM

THE HAYDEN DOLPHINS SWIM TEAM

Grades K & Up Class # 210705 Section A
Fee \$340

This is a competitive swim team in which swimmers practice twice a week and compete on several Saturdays throughout the fall and winter months in the Middlesex area. The season runs early November through mid-March. Parents MUST volunteer to work at least one meet during the season.

Registration for the swim team will be on a first come first serve basis.

We will NOT have try-outs for this program.

Registration will begin at 7:00 AM both at the Centre and Online on:

Tuesday, September 26th for those who were enrolled on Swim Team for the 2016-2017 season.

Friday, September 29th for new swimmers.

We anticipate this program filling quickly.

In order to register for this program you must have met the following Red Cross Swim Level requirements (Hayden must have your level on file).

Whatever age you are on November 1, 2017 is the age you are for the swim season.

Age 5 & 6 - Must be a Level 3 or higher

Age 7 & 8 - Must be a Level 4 or higher

Age 9 & Up - Must be a level 5 or higher

The following is a list of probable practice times. They are subject to change due to age demands of the children registering for the team.

All age groups practice on Tuesday and Thursday

Ages 5-8
5:15-6:00

Ages 9 & 10
6:00-6:45

Ages 11 & Up
6:45-7:30

Please note Swim Team is a big commitment! We expect swimmers to regularly attend two practices a week and to attend at least 6 of the 8 swim meets throughout the season