



EMJS Swim Team Information Sheet

All of the information you need to register for the EMJS Swim Team – Spring 2011 Session is provided in this document; please read it carefully before completing the registration form.

1. Swim Groups

The coaching and swimming instruction for the EMJS Swim Team is provided by the Tyee Aquatic Club, operating out of Crystal Pool. Swimmers are divided into four groups according to their swimming ability. To ensure swimmers are appropriately placed into groups, Tyee instructors will assess each swimmer's skill level during the first session.

Junior Wavemakers: places head *willingly* in the water. Classes limited to 6 swimmers per coach.

Wavemakers: swims 3 metres and then retrieves an object from 1.5 metre depth. Classes limited to 9 swimmers per coach.

Swim Skills: swims with consistent technique for 100 metres; swims underwater for 10 metres; and can use flutter kick and dolphin kick for propulsion. Classes limited to 15 swimmers per coach.

Swim Club and Adult: swims freestyle and backstroke with basic technique for 300 metres; uses basic dolphin and whip kick for propulsion; and can tumble and rotate in the water.

2. When to Pay – NEW!

On the first day, Tyee instructors will assess each swimmer and assign them to a Swim Group. Payment is due at the conclusion of the first session, April 8, and can be dropped off at the registration table set up in the lobby at Crystal Pool.

3. Fees and Enrollment Period

There will be nine sessions, running from **April 8 to June 17, 2011**.

There is no swimming on the Good Friday (April 22) and on the PD Day that falls during this period (May 20). Please pay by cheque payable to the EMJS PAC after the first session.

Swim Group	Fee
Jr. Wavemakers	\$86.00
Wavemakers	\$78.00
Swim Skills	\$70.00
Swim Club and Adult	\$62.00

Questions? emjs.swim@gmail.com

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4. When and Where

Practices are on Fridays from 3:30 to 4:15 p.m. at Crystal Pool, 2275 Quadra St. The first practice is Friday, April 8. Children may stay in the pool area until 4:30 p.m. **at the latest**. If you wish to stay later and swim with your children, you must pay for admission at the Crystal Pool.

5. Logistics – Getting to the Pool from the School

Parents are responsible for arranging rides for their children.

Car-Pooling

If you will be driving children *other than your own* to swim practice, then you must follow the regular field trip driver policy, which requires:

- that you have \$1 million liability insurance on your vehicle
- a current BC Driver's licence
- are registered in the school office on a Parent Driver Form
- booster seats - students have to be either 9 years old or 4'9" (or 149 cm), which ever comes first, in order not to use a booster seat
- that a written record of drivers which lists the students they are transporting (unless it is just their own) be left in the office every Friday before Swim Club (this would help if they were involved in an accident)

Please be sure to let Rosa, Joan, or Rob know which students are travelling in your vehicle. Mr. Parker's cell # is 250-881-4824 if you need to report any problems or emergencies.

6. Volunteers

A number of parent volunteers are needed to help run this program. Please contact the club organizers at emjs.swim@gmail.com if you can help.

7. Victoria Youth Triathlon

The swim club is a great way to prepare for the swim portion of the Victoria Youth Triathlon, to be held on Sunday, June 12, 2011 at UVIC. We had a number of swimmers participate in this event last year. Train for this event by joining the bike club, cross country and/or track and the swim team. What a way to get fit!

Here is a link to the Victoria Youth Triathlon entry form. Don't forget to indicate that you go to Margaret Jenkins.

<http://twc.bc.ca/storage/VYT%20ENTRY%20FORM%202011.pdf>

Questions? emjs.swim@gmail.com

EMJS SWIM TEAM REGISTRATION FORM

Please complete one registration form per swimmer. Submit registration form to Rosa Demchuk in the school office by Tuesday, April 5. Payment is due on Friday, April 8, immediately following the first session.

Swimmer's Name:
(first and last)

No further information is required if swimmer participated in Fall 2010 session

Date of Birth:

Day Month Year

Gender:

Male

Female

Training Group:

Swimmers will be assigned to one of the following groups on January 14 – you will be contacted by email with the group information. Payment is due on January 21.

Junior Wavemakers (fee=\$86)

Wavemakers (fee=\$78)

Swimskills (fee=\$70)

Swim Club or Adult (fee=\$62)

Please make cheque payable to EMJS PAC and indicate child's name in the "Notes" section of the cheque

Parent Names:

Phone Numbers:

Email:

Please note any medical issues that may affect your child's safety while swimming