

Fluid Motion

2011-2012 Season



Please find attached the 2011-2012 registration information. Use it as a guide to register online at www.fluidmotion.ca or by fax: 897-1313

Program Highlights:

- Baby Splashers
- Preschool
- School-age programs:
 - ★ Red Cross Swim Kids
 - ★ Mini Swim Club for levels 4 - 6
- Teen programs:
 - ★ Learn-to-swim
 - ★ Swim Club
 - ★ Synchronized Swimming
 - ★ Bronze Family
 - ★ Next Wave Leader Club
 - ★ Instructor courses
- Adult programs:
 - ★ Learn-to-swim
 - ★ Swim Club
 - ★ CPR
- New weekday evening pools hours at St James Centennial & Civic Centre
- New weekend location: Elmwood Kildonan

What to do after Level 10:

We have lots of options for our swimmers who have completed level 10:

- Under 13 years old, Bronze Star
- 13 years and older Bronze Medallion, then Bronze Cross
- Next Wave Leader Club, our own mentorship program
- Swim Club; fun and fitness, you don't have to wait for level 10
- Synchronized Swimming, again can be started before level 10

Adults:

Swim for fitness, fun and for balance!

Learn-to-swim or improve on your fitness and strokes. Try our one-on-one classes or our Swim Club.