



# Strawberry Vale Elementary

*A learning community, nurturing the whole child to be the best they can be*

4109 Rosedale Ave, Victoria, BC V8Z 5J5  
Ph: (250) 479-4014 Fax/Child Alert: (250) 479-5322

October 14, 2016

Dear Parents and Guardians,

We are pleased to announce that we will be starting the Grade 3 – 5 Strawberry Vale Swim Club again this year. The Swim Club will meet at Saanich Commonwealth Pool on Wednesdays from 3:15 – 4:00pm.

This program introduces students to competitive swimming in a fun and friendly environment. Weekly practices are held to develop swimming strokes, proper start and turn techniques as well as to improve fitness and strength. Mrs Marley will be sponsoring the club and Island Swimming will be coaching the students.

**Students must have a minimum of Aquaquest Level 6 and/or be able to easily complete one length of the 25 metre pool in order to participate.** This program is open to students in Grades 3, 4 and 5 that meet this safety requirement. This program is not for swimming lessons but will strengthen student skills.

- The Swim club runs from late-October until late February
- The club fee is \$60.00. This is for 13 sessions of 45 minutes each.
- There is no refund for missed sessions. However, if after your second session you decide you do not want to participate your cheque will be returned to you. This fee covers the coaches and pool time.
- Equipment: personal swim suit; towel; and goggles (optional)
- There are Swim Meets that students can register for (there is an additional charge for these meets).
  - o Stand up and Race Saturday, January 21<sup>st</sup>, 2017 (approximately \$8; from 10:30 - 2:00)
  - o Preliminary Meets Wednesday, February 22<sup>nd</sup>, 2017 (approximately/\$10; 9:00 - 2:00)
  - o Championship Meet Sunday, February 26<sup>th</sup>, 2017 (approximately/\$12)
- Parents/Guardians are responsible for the transportation of their child(ren) to and from the pool.
- Swimmers should use the change rooms (located downstairs). Please use lockers to store your personal items. Neither the Commonwealth Pool nor Strawberry Vale are responsible for the loss or theft of items taken to the pool.
- All swimmers will meet in the front foyer of the school before leaving for the pool and check out with Mrs Marley.
- **Please sign your child out with Mrs Marley after the lesson.**

ALL MEETS ARE ON A WEDNESDAY  
AT SAANICH COMMONWEALTH POOL  
3:15 – 4:00

October 26<sup>th</sup>

January 11<sup>th</sup>

January 18<sup>th</sup>

November 2<sup>nd</sup>

January 25<sup>th</sup>

November 16<sup>th</sup>

November 23<sup>rd</sup>

February 1<sup>st</sup>

November 30<sup>th</sup>

February 8<sup>th</sup>

February 15<sup>th</sup>

December 7<sup>th</sup>

See you at the Pool ☺

Please complete the attached forms if you would like your child to participate. Please make cheques payable to: Strawberry Vale Elementary.

Thanks for your support and participation in making this a fun swim club.

Emma Marley

-----

*Strawberry Vale Swim Club*

Please note there are two forms to complete for swimming. This form is for the school and the other form is given to Island Swimmers for their records.

I give permission for my child, \_\_\_\_\_, to participate on the Strawberry Vale Swim Team. I will make arrangements for my child(ren) to get to and from Saanich Commonwealth Pool.

***My child is able to swim at Aquaquest Level 6 or better, or easily swim a 25m length.***

Included is my payment for \$60.00 (cheques payable to Strawberry Vale Elementary)

Please provide a contact email address: \_\_\_\_\_. This email address will be used to email you information regarding the Swim Team and Meets if necessary.

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

# Student School Swim Program Registration

Please fill out the following and return to the school prior to the first practice

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone #: \_\_\_\_\_

Favorite Strokes: \_\_\_\_\_

Basic program costs include pool time and coaching. Cost is \$60.00 for the season

Swimmers are responsible for all sessions their school attends.

## Swimming Meets

Mark your calendars.

### Stand Up and Race

Saturday, January 21<sup>st</sup>, 2017

Cost: approximately \$8.00 per swimmer

All swimmers are welcome to attend the Stand Up and Race meet, including new and novice swimmers.

### Elementary/Middle School Preliminary Meet:

Wednesday, Feb 22<sup>nd</sup>, 2017

Cost: approximately \$10.00 per swimmer

### Elementary/Middle School Championship Meet:

Sunday, February 26<sup>th</sup>

Cost: approximately \$12.00 per swimmer

## Adult Volunteers

Volunteers are asked to supervise your swimmers on deck and in the change rooms.

## Swimmers Notes

Remember you are representing your school at a public facility. Please use manners and common sense.

Leave your valuables at home.

You will need a swim suit, towel, and cap, goggles are optional. Long hair should be held back in a ponytail or covered by a swim cap.

Be responsible for your own belongings while you are at the pool.

Pay attention to your coaches and teachers, ask lots of questions and have fun!

Parents Signature: \_\_\_\_\_

Date: \_\_\_\_\_