

Mississauga Aquatics Elite Academy – Summer 2018 Programs

The programs below will be open for registration April 1, 2018. Contact Kelly Hillis by email, kelly@mississaugaswimming.com or by phone 905-822-7946 for more information and to be placed on the pre-registration list in order to guarantee your spot. On April 1 you will receive a notification to register and will have the first opportunity to register before the general public.

Introduction to Competitive Swimming

These 1 week sessions will introduce children to competitive swimming skills. They will learn the swimming skills that will allow them to be more efficient in the water, improving their endurance and ultimately making them more water safe. Limited to 18 children each week. There will be 1 coach for every 6 swimmers. Sign up for any number of weeks you wish.

Prerequisite: must be able to swim 1 lap of the pool and have completed Red Cross Level 6

Age: 6-12

Where: Streetsville Outdoor Pool

Time: 4:30-6pm, Monday-Friday, 1 week sessions

Dates:

July 9-13

July 16-20

July 23-27

July 30-Aug 3

Aug 6-10

Aug 13-17

Aug 20-24

Fee: \$150/weekly session

Click on link to register for Introduction to Competitive Swimming Clinic:

<https://www.active.com/mississauga-on/water-sports/swimming-classes/mississauga-swimming-introduction-to-competitive-swimming-2018>

Summer Wave Program

This program acts as a maintenance program for all swimmers who have participated in the Wave program or who can swim a minimum of 4 laps continuously. These once per week sessions will insure swimmers maintain their swimming skills throughout the summer and their fitness while allowing them to participate in other activities. You can sign up for 1 or all of the sessions. (max 24 swimmers/hour)

Prerequisite: Past experience in the Mississauga Aquatic Club Wave program or completion of Red Cross Level 6

Age: 7-14

Where: Meadowvale Pool

Time: Sundays 5-6pm or 6-7pm

Dates:

July 14

July 21

July 28

Aug 4

Aug 11

Aug 18

Fee: \$25/session

Click on link below to register for Summer Wave Program:

<http://www.active.com/mississauga-on/water-sports/swimming-classes/mississauga-swimming-summer-wave-program-2018>

Summer Team Program

This program is for competitive swimmers aged 14 and under who want to refine skills, stay in shape and have fun training during the off-season. The summer team swimmers will be in the pool for 90 minutes having fun, learning new skills, staying fit and getting a huge jump start on their peers when

they begin club swimming in September. We will focus on relay development for speed work and some fantastic skill work for our aerobic swimming. When the pool session is complete we will have 30 minutes of dryland working on exercise technique, core strength and some fun games! The Summer Team program is designed to provide a productive and enjoyable summer training opportunity for the athletes. You can sign up for as many weeks as you wish.

Prerequisite: must have competitive swimming experience

Age: 10-14 (20 swimmers maximum/week)

Where: Mondays/Wednesdays Glen Forest High School, Saturdays at Don Maclean West Acres Outdoor Pool

Time: 5-7pm on Monday, Wednesday and 8:30-10:30am on Saturdays

Dates:

July 30-Aug 3

Aug 6-10

Aug 13-17

Aug 20-24

Fee: \$175/weekly session

Click on link below to register for Summer Team Program:

<https://www.active.com/mississauga-on/water-sports/swimming-registrations/mississauga-swimming-summer-team-program-2018-45200326>

Stroke Technique Clinics

These stroke specific technique clinics will run throughout the summer at Glen Forest High School. There will be 3 sessions each week targeting a specific stroke or skill. These are intensive learning opportunities to fast track skill development. Sign up for as many technique clinics as you wish. 18 swimmers maximum each week. 1:6 coach swimmer ratio for quality instruction. Swimmers will be organized into groups of similar ability.

Prerequisite: competitive swimming experience or Red Cross Level 8

Age: 7-14

Where: Glen Forest High School

Time: 5:30-7pm Tuesday/Thursday/Friday

Dates:

July 9-13 - Freestyle - FULL

July 16-20 - Backstroke - FULL

July 23-27 - Breaststroke

July 30-Aug 3 - Butterfly - FULL

Aug 6-10 - Freestyle

Aug 13-17 - Backstroke

Aug 20-24 - IM

Fee: \$150/weekly session

Click on Link below to register for Stroke Technique Clinics:

<https://www.active.com/mississauga-on/water-sports/swimming-registrations/mississauga-aquatic-club-stroke-technique-clinics-2018>