



## **ABBOTSFORD WHALERS SWIM CLUB**

### **JANUARY WINTERFIT 2012 SWIM REGISTRATION**

- \*Abbotsford Whalers Winter Maintenance Program' will commence week of January 8 for 13 weeks.
- \*Swim practices will be held at ARC pool. Each session is 1 hour long and you will be grouped accordingly.
- \*You may register for 1 hour/week or up to 2 hours/week (for return competitive summer swimmers).
- \*Reminder: swimmers who train up to 2 hours/week will be classified as 'S' swimmer & swimmers who train more than 2 hours/week will be classified as 'O-cat' swimmer for next summer's competitive season.

**EARLY BIRD REGISTRATION – FOR CURRENT FALL WINTERFIT SWIMMERS ONLY**  
**Monday, November 28 at ARC main lobby from 4:30-5:30 pm**

#### **Registration Dates:**

1. **Monday, November 28** at **ARC main lobby** from **5:30-6:45 pm**
2. **Sunday, December 4** at **ARC pool deck** from **3:45-5:15 pm**
3. **Sunday, December 18** at **ARC pool deck** from **9:30 to 11:15 am**

**\*\*There will be an additional \$25 charge to returning swimmers that register after Dec 18\*\***

#### **Cost (for each 1 hour session x 13 weeks):**

- \* Return summer'11 swimmers = **\$150 or 2 sessions for \$295**
- \* Triathlon Training = **\$370 (\$295 + \$75 for fitness)** 26 sessions swimming / running / fitness
- \* New swimmers (did not participate in the summer or fall'11 session) = **\$170**
- \* Cash, Pay Pal or cheque made out to 'Abbotsford Whalers Swim Club'

#### **Triathlon Training:**

- \* Age 11 & up (born 2000 and before)
- \* Swimming will be Monday & Wednesday, Fitness Training will be Tuesday & Thursday

#### **Pool time Choices at ARC Pool (each session is 1 hour):**

- \* Sunday mornings between 8-11 am (entire pool)
- \* Monday 3:30 - 5:30 pm (2 lanes/hour) – 2<sup>nd</sup> hour is for Triathlon Training
- \* Tuesday 3:30 - 5:30 pm (1 lane/hour)
- \* Wednesday 3:30 - 5:30 pm (2 lanes/hour) – 2<sup>nd</sup> hour is for Triathlon Training
- \* Thursday 3:30 - 5:30 pm (1 lane/hour)

#### **Master's Swim:**

- \* Sunday mornings at 9-10 am only

#### **Dates:**

- \* Programs start week of January 8
- \* Detailed schedules will be available at time of registration (spaces permitting)

- \* **Weekday swim times are reserved for return 2011 summer competitive swimmers only**
- \* **First come first serve basis for weekdays, as space is limited to 7 swimmers/lane\***
- \* **No early requests please\***

For more information, contact Robyn Unger , Abbotsford Whalers Swim Club Registrar at [registrar@abbotsfordwhalers.com](mailto:registrar@abbotsfordwhalers.com) or [www.abbotsfordwhalers.com](http://www.abbotsfordwhalers.com)

\*\*\*Please contact me if you would like your email to be removed from this list\*\*\*