

August, 14 2014

The Steadward Bears Fall Program

With September just around the corner, The Steadward Bears Para-Swim Team is getting ready for fall. Our program will be returning to the West Pool for the upcoming term. Read on to find out more information about the upcoming session!

Fall Program Details

Program Dates: Monday September 15 - Thursday December 4, 2014

You can choose to attend the program on one or both evenings.

Program Time: Monday 7:30 pm - 9:00 pm / Thursday 7:00 pm - 9:00 pm

Program Location: West Pool - University of Alberta

Program Cost:

Monday and Thursday: \$200

Monday or Thursday: \$125

Swimming Shifts

To accommodate more athletes in the pool, two shifts, each 60 minutes, will be offered on both Mondays and Thursdays. Below are the details:

Monday swim times 7:30 - 8:30 pm or 8:00 - 9:00 pm

Thursday swim times 7:00 - 8:00 pm or 8:00 - 9:00 pm

It is very important that you coordinate your swim time with Nathan so he can ensure that enough instructors are scheduled for each session.

Registration Process

Returning Swimmers:

If you have been in the program before, please contact our Head Coach, Nathan at nkindrac@ualberta.ca to confirm your interest in the program and your preferred session day(s) and time. Upon confirmation you can officially register through The Steadward Centre main office by speaking to Shirley Ewmett at 780-492-3182.

New Swimmers:

If you have not participated in The Steadward Bears Para-Swim Program, please follow the steps below:

Contact Nathan via email at nkindrac@ualberta.ca to express your interest in the program and your preferred day(s) and session time.

Fill out the registration forms and return them to The Steadward Centre (address below ATTN: Kirsti Van Dornick).

Attend the first week of program to ensure that the program is suitable for your swimming goals and current skill level.

When approved to continue, contact our receptionist, Shirley Ewmett at 780-492-3182 to be officially registered.

If any of these steps are not completed you may not be able to attend the program

Interested in Dryland Training?

Athlete in Training will be starting on Monday September 15 at The Steadward Centre. We will focus on developing strength and conditioning for swimming in a fun group environment. More details are below:

Program Dates: Monday and / or Wednesday from September 15 - December 3, 2014
You can choose to attend one or both evenings.

Program Time: Monday and Wednesday evenings from 6:30 - 8:00 pm

Program Cost: One training night / week \$120 or two training nights / week \$175

We are looking forward to another great semester of swimming! Please do not hesitate to contact Nathan Kindrachuk nkindrac@ualberta.ca or Kirsti Van Dornick kirstiv@ualberta.ca for more information or to answer any questions.

Sincerely,

Nathan Kindrachuk

Head Coach - The Steadward Bears Para-Swim Team

The Steadward Centre for Personal & Physical Achievement

The Steadward Centre for Personal & Physical Achievement | 780-248-1981 |

kirstiv@ualberta.ca | <http://www.steadwardcentre.ualberta.ca>

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