



## Junior Sharks Welcome Letter

Junior Shark is Ajax Aquatic Club's pre competitive intro program. This program is designed for swimmers who can already 25m on their front and back independently without assistance. Swimmers will learn proper stroke mechanics, turns, streamlines, dives etc.

Once swimmers achieve proper technique in at least three strokes and know the legal turns for all strokes they may be invited by Coach Wendy to move to our Shark program. Sharks is a year round program where swimmers continue to advance their strokes and skills.

### **Fall Session**

Tuesday 5:30-6:30pm ACC Starting Sept 26th

Thursdays 4-5pm ACC Starting Sept 28th

Saturdays also at ACC Sept 30th 9-10am (9 weeks only)

**Winter Session** Jan 8th to March 9th

**Spring Session** March 18-May 17

**Summer Session** May 20th to June 28th

**New This season:** We will be doing an inhouse mini meet at our first 3 sessions. We also have greatly reduced the fee when you sign up for a 2nd time a week. We find the progress and buy-in to swimming is more consistent when we teach 2x/wk rather than once. Fee breakdowns are at the end of this document.

**Team Photo:** Saturday Sept 30th at ACC 9:00am [T shirts will be handed out if you have not already got yours.] Not mandatory, just fun :)

**Equipment/Apparel:** Swimmers will still get their T shirt and Cap included in their first session this season. There will also be navy hoodies for purchase, forms for those will go out early Sept so we can have them by the first meet. Swimmer's Equipment. Preferences below (any questions feel free to reach out)

If you wish to purchase your own fins that is up to you, we do have some for use at ACC

Below is a link the the proper kind to buy(they are not mandatory)

<https://team-aquatic.com/collections/equipment-fins/products/tas-short-fins>

**Training Suit:** It is best to have a snug fitting suit. We understand it may take the kids a while to get used to it and they would be more comfortable in surf shorts or a ruffled bikini... Bring them in what they are comfortable in and we will work on getting them to open up to the idea of wearing a training suit. We will get the sun shirts off them as soon as we can, since those impede their arm motion that we are trying to teach.

Goggles: You have to try them on to get a good fit. Take the two eye sockets, press them on your face, if they stick reasonably well for a few seconds those are likely good. Other than that, pick what you like and it is on sale :) Example of a good pair below...

<https://team-aquatic.com/collections/youth-goggles/products/arena-tracks-junior-mirror-green>

## **Jr. Sharks: Session 1**

**Payment Procedure:** Please send e-transfer to [registrarajaxaquaticclub@gmail.com](mailto:registrarajaxaquaticclub@gmail.com) please use **swimming** for the e-transfer password. Be sure to quote the invoice number in the memo field of the e-transfer for which you want payment applied.

**Training Fees:** this is calculated annually. The fee is based on pool rental cost, coaching costs, number of registered etc. **Each family will receive an invoice from AAC's bookkeeper September 1, 2023.**

**SO/SNC/Masters Fee/ Insurance:** this is a one time fee charged at the start of the season at Registration. It is nonrefundable. All swimmers are required to register to be eligible to compete and participate in practice/lessons. This fee will appear on your program fee invoice A copy of the SO fee schedule will be attached to your first invoice and can be viewed online by clicking this link. [FEEMEMO2023-24.pdf \(swimontario.com\)](#) Jr. Sharks will be registered as pre-competitive swimmers which allows them to participate in one SWIMON sanctioned competitive meet. Upgrade to competitive status is available during the season if needed.

**Meet Fees:** You will be invoiced prior to each meet with the fees for the individual entries at which time payment is due prior to the start of the event. Relays will be invoiced after the meet to allow coaches to make changes they need at the competition. Meet entries are nonrefundable after the entry deadline set by the host club, as per the Meet Package. Fees will not be reimbursed after the entry deadline even for illness or removal for poor attendance because AAC will be billed regardless. **Please be advised that a \$30 late fee is charged for overdue accounts.**

### **Jr. Sharks Session ONE fees:**

#### **One lesson per week:**

Tuesdays: \$330

Thursdays: \$330

Saturdays: \$250

#### **Two lessons per week:**

Tuesday and Thursdays: \$495

Tuesday and Saturdays: \$455

Thursday and Saturdays: \$455