

**BULLOCK**  
**ORANGE-Olympic Way**

Hello,

Thank you for your interest in swimming lessons at **Olympian Swimming**, at our Bullock Location. Ontario's largest private learn-to-swim organization!

This program is excellent for those swimmers who want to take the next step in perfecting technique and building endurance levels

Focus is 100% technique in the four competitive strokes while building endurance and speed levels. Swimmers are divided into four distinct groups; OW1-3, OW4-6 and OW7-9, OW10-12.

Endurance and speed requirements increase as swimmers move through the four groups beginning with single 25 yard swims, progressing into continuous 100-400-800 yard swims. Swimmers are required to complete a TEST, to move from group to group.

Swimmers are taught flip turns, transitions from one stroke into another & dives. Although this program is non-competitive, from time to time, swimmers are encouraged to embrace competition; learning to race for the fun of it.

**All four strokes are emphasized: Freestyle, Backstroke, Breaststroke and Butterfly.**

Olympic Way is coached at our Bullock location (main intersection Hwy 7 and McCowan)

Our classes are extremely flexible, with **no start dates**. This allows you to book lessons according to your schedule. You can commence classes at your convenience, based on availability.

WEDNESDAY      8:00-9:00PM

SATURDAY      1:00PM-2:00PM  
                     6:00PM-7:00PM  
                     7:00PM-8:00PM

SUNDAY          1:00-2:00PM

If you have any questions, or you would like to register, feel free to call/email our office at any time.

905-471-8301

**bullock@olympianswimming.com**