

MIDLAND ORANGE - OLYMPIC WAY PROGRAM

Hello,

Thank you for your interest in swimming lessons at **Olympian Swimming**, at our Midland 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 Midland location (main intersection Midland Avenue and Eglinton Avenue) in a 25 yard, 6 lane pool. There is a large gallery for parents to observe the lesson.

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	5:00-6:00PM
SATURDAY	9:30AM-10:30AM 10:30AM-11:30AM 11:30AM-12:30PM
SUNDAY	9:30AM-10:30AM 10:30AM-11:30AM 11:30AM-12:30PM

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

416-492-0622 OR 416-396-4012

midland@olympianswimming.com