

National Capital Aquatics Club

Fall 2020 Season Registration (Programs)

**When registering for a class, please be sure to complete a registration form and deposit for each swimmer individually for all locations that they will be swimming at. This ensures that you have reserved the space for the locations and dates you prefer*

***All registrations will require a \$100 deposit to hold the space for you/your swimmer*

****Payment plans will be available for the season with arrangements made upon confirmation of enrolment.*

*****Please be sure to read our new COVID-19 Policies and Procedures sent to us from the City of Ottawa ([Read Here](#))*

NCAC has a loose level system used primarily for grouping purposes. As such, "passing the level" will not be a form of motivation for the swimmers within the club. The primary focus will be placed on individual objectives, the joy of learning, and the thrill of self-improvement.

Tadpoles

Age Requirement: (Roughly 5-8 years)

Prerequisite Skill Level: Must be able to swim at least 5 meters with the help of a person or flotation device.

This program teaches the art of competitive swimming with a particular focus to learn to swim technique to ensure that swimmers are learning the appropriate skills in the appropriate order to ensure their most efficient and effective development.

Our program has been designed by Katherine Taylor who is training as an Early Child Educator and has years of training in a variety of Beginner "learn to swim" programs ranging from Red Cross and NLS models to the YMCA model. Katherine has taken the best of each of these programs and combined them with Swim Canada's "Long Term Swimmer Development Model" to create a program that combines the best in current research on early childhood development with a fun, interactive and engaging approach.

We group swimmers into different classes with different teachers based on each swimmer's current skill level. This flexible grouping system allows us to easily move around participants when they are comfortable and ready to try on more advanced skills.

(Unfortunately, we will not be able to run the Tadpoles program this Fall as the new COVID-19 Policies prohibit us from kinesthetic learning (hands-on) and social distancing standards must be maintained.

Turtles

Age Requirement: (Roughly 8-12 years)

Goals: The classes will focus on building on base level skills of competitive swimming.

This program teaches the art of competitive swimming with a particular focus on swimmer efficiency and learning the strokes in a manner that avoids developing injuries. We follow Swim Canada's developmental guidelines with the goal of the swimmers enjoying the present experience and acquiring the skills to be a life-long swimmer.

There is a hard maximum of 6 swimmers and our coaching ratio is 1:6 and usually even better! We group swimmers into different lanes based on the particular skill being taught and each swimmer's present comfort level with that skill. This flexible grouping system allows us to maintain a system where friends are not separated from each other, and where there is less focus placed on group placements.

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Alternative Competitive

Age Requirement: Junior (Roughly 11-14 years) & Senior (Roughly 14 years and older)

Whether you are new to competitive swimming and wanting to try it out for the first time, or are an ex-competitive swimmer, looking to maintain your skills while having a "build your own" practice schedule this program is for you.

This program follows Swim Canada's Long-Term Developmental Guidelines while aiming to foster a life-long love for the sport. Our coaches are trained to meet the swimmers where they are at and modify their seasonal training to meet the participants individual goals while providing them with challenging and fulfilling workouts.

We group swimmers into different lanes based on the particular skill being taught and each swimmer's present comfort level with that skill. This allows swimmers to be moved easily into a more appropriate lane based on the skills being worked on in that particular practice; as well as they progress throughout the season. Furthermore, this flexible grouping system allows us to maintain a system where friends are not separated from each other, and where there is less focus placed on group placements.

Adult Stroke Improvement

Age Requirement: (18 years and older)

This program is for adults of all abilities: Swimmers who want to return to the pool after a long absence, Master swimmers who want extra technical assistance, and adults who may have swam a bit growing up but are looking to further develop their skills.

Our program focuses on technique, and our coach will regularly be hopping in the pool to demonstrate new skills. Our program differs from others in that we will introduce (as participant's feel comfortable) all four strokes, and the most up-to-date and efficient flip turns, drills, dives, underwater push offs, touch turns, breakouts and other competitive swimming skills.

Again, skills are introduced as per swimmer interest. The coach will query each swimmer's personal objectives and aim to shape our program around them as much as possible.

