



Winter Season Starts January 8, 2018

Experience the excitement of summer swimming and racing.
meet new friends, get fit and have fun!

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Developmental 1	4:55-5:30pm		4:55-5:30pm		
Developmental 2	5:25-6:00pm		5:25-6:00pm		
Juniors	4:45-6:00pm		4:45-6:00pm		
Seniors	5:45-7:00pm		5:45-7:00pm		



REGISTRATION IS OPEN
NOW

www.nelsonneptunes.com

Snapshots



"The swimmers line up for this, the final heat, and surprise, surprise, it's the dog paddle."

REGISTRATION IS OPEN NOW

Our club places a strong emphasis upon individual improvement and participation. All swimmers are helped to develop their physical and technical abilities in the pool through the presentation of specific physical, mental and social skills. The Nelson Neptune Swim Club is a member of the British Columbia Summer Swimming Association ([BCSSA](#)), an aquatic organization which promotes and facilitates swimming during the summer months (May through August). Coaching staff have National Coaching Certification Program training.

The **Nelson Neptune's** offer training and practice groups for swimmers of all ages and ability levels. It is the goal of the Neptune's to offer age specific training for all of our athletes geared towards challenging and developing each individual to the best of THEIR abilities in a safe and FUN environment!

Developmental

Swimmers in this group focus mainly on learning the four competitive stroke basics, having fun, and starting to race. **This group is for kids aged five and up.** If your child is capable of or has completed the following, then please consider joining the team to further develop the four competitive swim strokes: Passed Red Cross swim kids 3, and/or can swim unassisted for 15m (across the shallow pool) without stopping and can put their face in the water and blow bubbles (without holding their nose).

Juniors

Swimmers in this group are usually 7-10 years old and able to swim laps in the deep end. These swimmers have the opportunity to practice up to 5 days/week during the summer season. They will be taught stroke perfection as well as practicing endurance. Starts and turns are a main focus as well. These swimmers will also have dry-land practice in the summer. **Ideally kids joining this group will have completed swim kids 4 or have mastered the equivalent skills.**

Seniors

Swimmers in this group are usually at least 11 years old. These swimmers will be refining their stroke technique, perfecting starts and turns and increasing conditioning. Seniors have the opportunity to practice more than 7 hrs/week plus dry-land in the summer.