



GARDEN CITY AQUATIC CLUB

REGISTRATION INFORMATION 2017-2018



***Winter Registration Opens on Saturday, December 2nd from 3:30pm-5:30pm!**

Join us in the Lawrence Locke Room at the St. Catharines Kiwanis Aquatic Center!

Non-Competitive Swimming

AQUA CLUB

► FINS + MEDALS

This is a non-competitive program designed for recreational swimmers and beginner's ages 6–14yrs. You may register for as many practices per week as you like! There are discounts for multiple day registrations (less 10% per additional day) and for additional family members (10% discount per sibling ☺)! Swimmers will be registered by us with Swim Ontario as non-competitive athletes for insurance purposes; this is a one-time fee of \$45.90 per season!

Swimmers who join the Fins or Medals will have a one-time team affiliation fee of \$20.00 per season.

Please note that athletes who register with GCAC or any like program will have to swim as "EXHIBITION" in the NRSSL.

PRE-REQUISITE: Athletes must be able to swim one continuous lap (25m) of recognizable freestyle with side breathing. *(The lifeguards at the pool may ask our members to do a swim test their first practice.)*

RECOMMENDED EQUIPMENT: goggles, caps, fins

– FALL SESSION – Week of October 2nd to the week of December 18th

Group	Day	Time	Duration	Availability	Cost
Fins	Mondays	6 ³⁰ – 7 ³⁰ pm	11 wks/ sessions	18	\$145 ⁰⁰
<i>No PRACTICE: MON., OCT. 9TH (THANKSGIVING MONDAY)</i>					
Fins	Wednesdays	6 ³⁰ – 7 ³⁰ pm	12 wks/ sessions	13	\$155 ⁰⁰

Group	Day	Time	Duration	Availability	Cost
Medals	Mondays	4 ³⁰ – 5 ³⁰ pm	11 wks/ sessions	18	\$145 ⁰⁰
<i>No PRACTICE: MON., OCT. 9TH (THANKSGIVING MONDAY)</i>					
Medals	Tuesdays	4 ³⁰ – 5 ³⁰ pm	11 wks/ sessions	13	\$145 ⁰⁰
<i>No PRACTICE: TUES., OCT. 31ST (HALLOWEEN)</i>					
Medals	Wednesdays	4 ³⁰ – 5 ³⁰ pm	12 wks/ sessions	18	\$155 ⁰⁰
Medals	Thursdays	4 ³⁰ – 5 ³⁰ pm	12 wks/ sessions	13	\$155 ⁰⁰
Medals	Fridays	4 ³⁰ – 5 ³⁰ pm	10 wks/ sessions	18	\$135 ⁰⁰
<i>No PRACTICE: FRI. NOV. 3RD + FRI. DEC. 15TH</i>					

– WINTER SESSION – Week of January 9th to the week of March 6th

Group	Day	Time	Duration	Availability	Cost
Fins	Mondays	6 ³⁰ – 7 ³⁰ pm	8 wks/ sessions	18	\$105 ⁰⁰
<i>No PRACTICE: MON. FEB. 19TH (FAMILY DAY)</i>					
Fins	Wednesdays	6 ³⁰ – 7 ³⁰ pm	9 wks/ sessions	13	\$120 ⁰⁰

Group	Day	Time	Duration	Availability	Cost
Medals	Mondays	4 ³⁰ – 5 ³⁰ pm	8 wks/ sessions	18	\$105 ⁰⁰
<i>No PRACTICE: MON. FEB. 19TH (FAMILY DAY)</i>					
Medals	Tuesdays	4 ³⁰ – 5 ³⁰ pm	9 wks/ sessions	13	\$120 ⁰⁰
Medals	Wednesdays	4 ³⁰ – 5 ³⁰ pm	9 wks/ sessions	18	\$120 ⁰⁰
Medals	Thursdays	4 ³⁰ – 5 ³⁰ pm	9 wks/ sessions	13	\$120 ⁰⁰
Medals	Fridays	4 ³⁰ – 5 ³⁰ pm	8 wks/ sessions	18	\$105 ⁰⁰
<i>No PRACTICE: FRI. FEB. 2ND</i>					

– SPRING SESSION – Week of March 19th (Starts on Wed 21st) to the week of June 4th

Group	Day	Time	Duration	Availability	Cost
Fins	Mondays	6 ³⁰ – 7 ³⁰ pm	9 wks/ sessions	18	\$120 ⁰⁰
<i>No PRACTICE: MON. MAR. 19TH + MON. APR. 2ND (EASTER) + MON. MAY 21ST (VICTORIA DAY)</i>					
Fins	Wednesdays	6 ³⁰ – 7 ³⁰ pm	12 wks/ sessions	18	\$155 ⁰⁰

Group	Day	Time	Duration	Availability	Cost
Medals	Mondays	4 ³⁰ – 5 ³⁰ pm	9 wks/ sessions	18	\$120 ⁰⁰
<i>No PRACTICE: MON. MAR. 19TH + MON. APR. 2ND (EASTER) + MON. MAY 21ST (VICTORIA DAY)</i>					
Medals	Tuesdays	4 ³⁰ – 5 ³⁰ pm	11 wks/ sessions	13	\$145 ⁰⁰
<i>No PRACTICE: TUES. MAR. 20TH</i>					
Medals	Wednesdays	4 ³⁰ – 5 ³⁰ pm	12 wks/ sessions	18	\$155 ⁰⁰
Medals	Thursdays	4 ³⁰ – 5 ³⁰ pm	12 wks/ sessions	13	\$155 ⁰⁰
Medals	Fridays	4 ³⁰ – 5 ³⁰ pm	8 wks/ sessions	18	\$105 ⁰⁰
<i>No PRACTICE: FRI. MAR. 30TH (GOOD FRIDAY) + FRI. APR. 20TH + FRI. MAY 18TH + FRI. JUN. 8TH</i>					

Non-Competitive Swimming

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▶ CAPTAINS

Since our conception, GCAC has traditionally offered swimming opportunities for 13+Over recreational swimmers! When OFSAA changed their rules on eligibility in 2013, the size of this group decreased and our competitive base increased. [The governing body of HS swimming mandated that any swimmer who practices outside of their HS swim team is considered to be “Open” and must swim with competitive swimmers, even if they only swim once per week. (Lifesaving courses excluded.)] Since then, we have continued to promote this recreational opportunity to a lesser degree. This year, due to the growth of our competitive team and the needs of this group, we have opted to suspend this programming on a regular basis. We offer drop-in opportunities several times per month on Friday evenings, \$10 per practice. You can RSVP in advance to our team coordinator at info@gc-ac.ca ☺

Competitive Swimming

▶ GCAC COMPETITIVE CLUB – September to June

GCAC offers five levels in our competitive club: Dedicated 3 (D3), Dedicated 2 (D2), Dedicated 1 (D1), Elite and Senior; swim groups are determined by age + ability! The D1, D2, D3 practices schedules and groups have been set; Elite and Senior swimmers have the benefit of working with the coaches to build their own schedules individually (based on their needs, school activities and other commitments). We’ve added several new training opportunities ☺

Bonus dryland activities will take place outside of regular practice hours on Mondays and Wednesdays from 5-6pm with a sports trainer, and on-site mandatory dryland for D2 and D3 swimmers on Thursdays from 5:00pm to 5:30pm!

Payment schedule is as follows: September- 40%, January-30%, and April-30%.

One-time team affiliation fee of \$300⁰⁰ per swimmer, goes towards our Swim Ontario team registration. This fee must be remitted at the time of registration! Swimmers will be registered by us with Swim Ontario as competitive athletes for insurance purposes, which is also a one-time yearly fee that must be remitted at the time of registration!

RECOMMENDED EQUIPMENT: fins, battle board (or regular kick board), freestyle snorkel, parachute, pool buoy
The following are the Swim Ontario swimmer membership fees based on the athlete’s age as of December 31st!

FUNDAMENTAL – 8+Unders = \$91.80
DEVELOPMENT – (11-14) = \$131.80

SKILLS – 9+10 = \$111.80
OPEN – (15+Overs) = \$151.80

Group	Practices / Days + Times	Duration	Fee
<u>D3</u>	T. 5–7pm + TH. 5–7pm + F. 6 ³⁰ –8 ⁰⁰ pm	3 pr. // 5.5 hrs/wk	\$1300 ⁰⁰
	13&O=T. 5–7pm + TH. 5–7pm + Sat. 7–9am	3 pr. // 6 hrs/wk Sept. – June @ SKAC	\$1350 ⁰⁰
<u>D2</u>	T. 5 ⁰⁰ –7 ⁰⁰ pm + TH. 5 ⁰⁰ –7 ⁰⁰ pm + F. 6 ³⁰ –8 ⁰⁰ pm + Sat. 7 ⁰⁰ –9 ⁰⁰ am	4 pr. // 7.5 hrs/wk Sept. – June @ SKAC	\$1450 ⁰⁰
<u>D1</u>	M. 6 ³⁰ –8 ⁰⁰ pm + T. 5 ⁰⁰ –7 ⁰⁰ pm + W. 6 ³⁰ –8 ⁰⁰ pm + TH. 5 ⁰⁰ –7 ⁰⁰ pm + Sat. 7 ⁰⁰ –9 ⁰⁰ am	5 pr. // 9 hrs/wk Sept. – June @ SKAC	\$1550 ⁰⁰
<u>Elite*</u>	<u>SELECT</u> : M. 6 ³⁰ –8 ⁰⁰ pm + Tues. 5 ³⁰ –7 ⁰⁰ am + Tues. 5 ⁰⁰ –7 ⁰⁰ pm + W. 6 ³⁰ –8 ⁰⁰ pm + TH. 5 ³⁰ –7 ⁰⁰ am+ TH. 5 ⁰⁰ –7 ⁰⁰ pm + F. 6 ³⁰ –8 ⁰⁰ pm + Sat. 7 ⁰⁰ –9 ⁰⁰ am	6 pr. // 10.5 hrs/wk Sept. – June @ SKAC	\$1650 ⁰⁰
<u>Senior*</u>		7 pr. //12 hrs/wk Sept. – June @ SKAC	\$1750 ⁰⁰