

WHITE RAPIDS 2006/2007-FALL AND WINTER **MAINTENANCE NEWS**

We are pleased to offer 4 maintenance sessions for our swimmers this year. Registration for the program will be held on Thursday, August 10th at the pool from: 4:00 p.m. – 7:00 p.m.

Spaces are limited so it is important you sign up early. You may register for both fall and winter sessions at this time, leaving a post-dated cheque to hold your January spot. If you are unable to make this registration time, you may call or email me to make an alternate arrangement. I will accept registration up until the starting dates in September as long as there is space available.

PLEASE pre-register!!!! It allows me to reserve the proper amount of lanes, pool time and of course this is a HUGE help to the coaches!

The cost per swimmer will be \$65.00 for a total of 12 sessions.

For those who are new to the club, we offer 2 12- week "maintenance" sessions for our swimmers of all ages and levels. This is a great way to keep fit and tuned over the winter months (also great cross training for soccer, dance etc.) and to continue working on your strokes, turns, dives and endurance...while having some fun as well, of course!

Any questions? Please feel to call me @ 756-9792 or email @ edlesimpson@shaw.ca

Thanks so much and look forward to seeing you at registration!

Leanne Edle-Simpson
Maintenance Coordinator

