

# Narwhal Pup Pre Competitive Program

Do you have a child between the ages of 5-12 that may have an interest in competitive swimming?



- The narwhal pup pre competitive program could be perfect for them! This is an introductory program to the world of competitive swimming
- Swimmers will learn and enhance skills such as: flip turns, dives, breaststroke, butterfly, streamline position and more!
- All precompetitive pups have the opportunity to enroll in swim meets, but it is NOT mandatory

## 11 week sessions

**First session: September 24th-December 7th**

**Second session: January 7th-March 29th**

**Third session: April 1st- June 14th**

- Each session will end in a progress report indicating what each swimmer has accomplished!

**Criteria:** must be able to swim 25m (1 length) of the pool of both back crawl and front crawl, which is equivalent to a “swimmer 4” level

**Where:** We practice out of Lakehead University pool

**For more information about enrolling your child in one of our sessions contact head coach David Iwanyszyn by emailing: [davidi\\_nwn@hotmail.com](mailto:davidi_nwn@hotmail.com) or coach Kaitlyn Massaro by emailing [k\\_massaro@outlook.com](mailto:k_massaro@outlook.com)**

**Check out the narwhals official website: <http://nwnarwhal.com>**