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## 2023 - 2024 Speed Maintenance Program

The aim of these levels is to provide programming that clearly outlines the long-term athlete development pathway through Cruisers. The programming retains our community of summer swimmers and builds opportunities for new and existing swimmers to the club.

Our structure has three core programs:

- **Splash Program** Intro to Swimming
- **Fundamentals Program** Building Competitive Skills
- **Competitive Program** Mastering Competitive Skills

Each of the above programs is split into a number of different levels. These levels are outlined in more detail in the pages to come with information with the prerequisite skills required, and the goals that we strive towards in each level.

### Registration Information

#### Returning Swimmer Registration

Returning fall 2023 members will get details on the level they are to register their swimmer for the Winter 2024 session.

When early registration opens to returning members, you may register in any of the classes at the swimmer's recommended level. Full payment for the class is due at the time of registration. Requests to swim in a different level must be emailed to the Head Coach and will be considered on a case by case basis and are not guaranteed.

Class registration for returning members will open on **December 4, 2023**. At 8:00am the Club Manager will email all returning members with the private link to access the early registration. Early registration will close on December 7th.



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### **Swimmer Assessments for New Members**

We will not be having assessments for new members this session. If you are new to Cruisers, please review the levels and register your child in the most appropriate level. If they need to be moved after practices start, the coach will let you know. Registration for new members will open on December 7 at 8am.



## Splash Program

*Building Introductory Swimming Foundations and a Love for the Water*

At the entry level for Cruisers is the Splash Program. To qualify for the Splash program, kids should be able to put their head under water and be comfortable in the water with a coach and without a parent.

Splash is all about having fun, being safe and developing basic kicking and swimming skills. The program provides a high coach-to-child ratio, ensuring a safe and fun learn to swim experience. We use a games-based approach with the goal of swimming. The Splash program teaches kids body position, balance, kick, rotation and flotation, as well as water safety and confidence.

**Splash Shallow** introduces swimmers to swimming independently with and without flotation aids in short and fun 45min classes. Swimmers MUST be able to put their head under water, and kick 5m+ unassisted. The goal is by the end session is to be able to do 12.5m unassisted.

**Splash Deep** expands these abilities and moves slightly deeper in the shallow end in 45min classes. At this level, swimmers will be introduced to the four fundamental kicks of speed swimming: Dolphin Kick, Backstroke Kick, Breaststroke Kick and Flutter Kick. This is without a coach in the water, and the goal is repeated 12.5m swims to meet 25m unassisted.





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## Fundamentals Program

*Building Competitive Swimming Fundamentals and Becoming Active for Life.*

At the core of Cruisers is our fundamentals program. At this stage, the primary aim is skill development in a fun environment but the program also introduces competitive elements with opportunities to race. The fundamentals program develops swimmers' technique in all four strokes with an emphasis on body position and kick. Each of these are assessed by Senior Coaches.

**Intro Fundamentals** swimmers should be able to swim 25m uninterrupted. Focus remains on mastering kick techniques and beginner stroke fundamentals for freestyle and backstroke. The expectation at the end of the session is for IF (Intro Fundamentals) repeated 50m swims uninterrupted of all strokes.

**Junior Fundamentals** swimmers should be able to swim repeated 50m uninterrupted of all strokes. The expectation at the end of the session is for JF (Junior Fundamentals) repeated 100m swims uninterrupted of all strokes.

**Senior Fundamentals** is for more experienced swimmers who can do 200m uninterrupted but need to advance their swimming techniques to a higher competitive level.





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## Competitive Program

*Building Competitive Swimming Mastery. Learning to Train, Compete and Win.*

The Cruisers Competitive program is geared towards those swimmers looking not just to maintain their skills over the winter but to build and advance those skills in the pursuit of their swimming goals for the next summer. Swimmers must be able to proficiently and competently swim all 4 strokes and be able to swim 100m repeats comfortably.

**Competitive Intro** (Master the fundamentals and learn to train), focuses on combining fundamental skills together into complete and high quality races. Swimmers will work on improving their stroke efficiency, learning how to train towards personal goals, and developing aerobic endurance in the water. Competitive Intro provides more flexibility to swimmers by offering two classes, once per week each. Swimmers can then choose if they want to commit to one or both classes.

**Competitive** (master complete competitive skills), focuses on combining fundamental skills together into complete and high quality races. Swimmers will work on improving their stroke efficiency, learning how to train towards personal goals, and developing aerobic endurance in the water. Competitive provides more flexibility to swimmers by offering two classes, once per week each. Swimmers can then choose if they want to commit to one or both classes.

Each of these are assessed by Senior Coaches.





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## About Us

The Cruisers Aquatics Club has actively promoted aquatic sports on the North Shore since 1971. The club is a non-profit organization that is a member of the British Columbia Summer Swimming Association (BCSSA). Our main season begins in April and ends with the Provincial Championships in mid-August. From September-March we offer maintenance sessions to allow athletes to keep up their training and prepare for the upcoming summer season.

Our purpose is to provide training and competition in an environment that encourages fun, sportsmanship, team spirit, and achieving personal bests. Children as well as parents are sure to develop friendships, have lots of fun, and create lasting lifelong memories!

## Resources

Be sure to follow us on social media to stay up to date! Our website has a lot of information and resources, be sure to check it out.

- Website: [Cruisers Aquatics](#)
- Instagram: [North Vancouver Cruisers \(@northvancruisers\)](#) • [Instagram photos and videos](#)
- Facebook: [North Vancouver Cruisers Aquatics - Home | Facebook](#)
- Contact List: [Contact Us — Cruisers aquatics](#)