

Spring 2009 Session

March 28 - June 6

(10 weeks; no activities on April 11)



Saturday Mornings

09h00-10h00

06-14 years

Soccer & Multisports

Through combined drill work and game play, coaches instill fundamentals of soccer and team sports.

09h15-10h00

03-06 years

Mini-Dance (45 minutes)

An introduction to coordinated movement through the styles of hip-hop, jazz and funky dance.

10h00-11h00

04-10 years

Mini-Tennis

An introduction to tennis, participants learn proper racquet techniques and sport fundamentals through drill work and game play.

04-10 years

Badminton (Beginners)

An introduction to badminton, participants learn proper racquet techniques and sport fundamentals through drill work and game play.

07-14 years

Dance Classes: Hip-Hop • Jazz • Funky

Participants practice coordination and movement through short choreographies.

11-14 years

Squash (Inter/Advanced)

Participants build on and practice skills through drill work and game play

11h00-12h00

07-10 years

Squash (Beginners)

An introduction to squash, participants learn proper racquet techniques and sport fundamentals through drill work and game play.

11-14 years

Badminton (Advanced)

Participants build on and practice skills through drill work and game play.

11-14 years

Bootcamp

Group fitness for youth through cardio and core strength development.

Cost per activity for 10-week session:

\$75	Participant is a family member
\$85	A parent is a member
\$95	Parents are non-members

Receive 10% off for additional activities when registering for 2 classes and more.

Cost per activity à la carte:

\$10	Member
\$12	Non-member

Taxes are not included.

Information/Registration:

Stephanie Rauhut at (514) 845-2233, ext. 248 or at programmejunior@clubsportifmaa.com



Junior Elite Squash Competitive Training Starts March 31 (10 weeks)

Tuesday 16h30-17h10

Cost: Members: \$125 Non-Members: \$200

Taxes are not included

For juniors ages 12-17.

Includes technical and tactical strategy as well as fitness training and match play.

Information and Registration:

Dave De Lierre at
(514) 845-2233, ext. 617 or at
ddelierre@clubsportifmaa.com

Babysitting Service

Saturday 8h30 -12h15

Participants must be a minimum of 3 years of age.

Cost: \$10/hour, reservation by telephone required
(514) 845-2233, ext. 248



CLUB SPORTIF MAA

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Junior Swimming Lessons



March 28 - June 6 (10 weeks)

No activities on April 11

SATURDAY

Preschool Levels (age 5 and under)

Duck/Sea Turtle/Star Fish	10:30-11:00
Salamander	09:00-09:30 & 10:00-10:30
Sunfish	09:30-10:00 & 10:30-11:00
Crocodile/Whale	10:00-10:30

School Age levels (age 6 and over)

Level 1-2	11:00-11:45
Level 3-4	09:00-10:00
Level 5-6	11:00-12:00
Level 7-8	10:00-11:00
Level 9-10	09:00-10:00

Cost per activity:

Participant is a family member	\$75
A parent is a member	\$85
Parents are non-members	\$95

Class Descriptions

Star Fish: Ages 4-18 months (parented) An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.

Duck: Ages 18-30 months (parented) For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs, and active water play.

Sea Turtle: Ages 30-36 months (parented). This level develops skills in swimming, glides, and floating, and builds awareness of deep water and safe entries.

Salamander: Ages 3-5 years (unparented). Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.

Sunfish: Ages 3-5 years (unparented). Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on, and around the water, and entries and floats in deep water.

Crocodile: Ages 3-5 years (unparented) Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.

Whale: Ages 3-5 years (unparented) In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

Level 1: This is an entry level for children ready to move in shallow water; provides an orientation to the water and the pool area, and introduces floats and glides with kicks. Children build their endurance by improving distance.

Level 2: This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

Level 3: This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced, and children will work on floats and changing direction.

Level 4: The front crawl, back glide, and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support, and developing a greater sense of self-safety by understanding their own limits.

Level 5: Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

Level 6: Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water, and the front dive.

Level 7: This level continues to build skills and endurance for front crawl, back crawl, and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance.

Level 8: This level provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults.

Level 9: Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice.

Level 10: Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives.

Junior Swim Team - Competitive swim training

March 31 - June 4 (10 weeks)

TUES/THURS 16:45-17:45

Cost : Members \$160 Non-members \$200

The MAA Junior Swim Team offers an introduction to competitive swimming for young swimmers between the ages of 7 and 17. The team practices twice weekly under the guidance of a certified and experienced coach. The workouts offer a challenging fitness component with a focus on proper technique and speed development. Participants have the opportunity to attend regional and provincial competitions. Required: swimmers must be able to swim a minimum of 4 consecutive lengths of the pool before registering.

Bronze Medallion - Lifesaving Society



March 27 - May 29 (10 weeks + Exam)

FRIDAY 17:00-19:30

Cost: Members \$150 Non-members \$180

Manual and pocket mask extra.

100% attendance is required. The Bronze Medallion award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, and defence and release methods in preparation for challenging rescues of increased risk, involving conscious and unconscious victims of various types. Participants also develop stroke efficiency and endurance in timed swims. Prerequisite: must be 13 years of age at the time of the exam, or hold a current Bronze Star Award and have completed Red Cross Swimming level 10 or equivalent.

Swim Lesson and Pool Information

- All bathers must take a warm soapy shower prior to entering or re-entering the pool deck.
- Children not toilet trained must wear snug-fitting rubber pants or specialty swim diapers.
- Street shoes are not permitted on the pool deck.
- All participants must wear gender appropriate bathing attire including a bathing cap.
- Parents are not permitted to accompany children in opposite gender locker rooms.
- Private and semi-private lessons available.

Information: Stephanie Rauhut at (514) 845-2233, ext. 248 or at programmejunior@clubsportifmaa.com

All prices do not include taxes.