



**THUNDERBOLTS SWIM CLUB  
FALL 2009 Registration Dates  
(at the Canada Games Complex)**

**COMPETITIVE PROGRAMS:  
Wednesday, September 9th AND  
Thursday, September 10th**

Designed for swimmers in Junior and Senior levels, ages 8+.

**PRE-COMPETITIVE PROGRAMS:  
Tuesday, September 15th AND  
Wednesday, September 16th**

Our entry-level programs provide an introduction into the world of competitive swimming, open to ages 5+.

**FITNESS/CROSS-TRAINING PROGRAM:  
Tuesday, September 15th AND  
Wednesday, September 16th**

Strictly Fitness! For those looking for a non-competitive fitness opportunity through the benefits of swimming, ages 11+.

*T h u n d e r*  
**BOLTS**  
*Swim Club*

***are YOU  
ready?***

***TRY-OUTS ARE AVAILABLE AT ANY  
TIME THROUGHOUT THE SEASON.***

All athletes will be assessed by our coaching staff prior to placement in the most appropriate program. For further information about the Thunderbolts Swim Club or to schedule a try-out please visit [www.thunderbolts.ca](http://www.thunderbolts.ca), email [info@thunderbolts.ca](mailto:info@thunderbolts.ca) or call 344-9802.



Canada Games  
Complex  
*Something for Everybody!*

**swim** 