



WANT TO JOIN THE NEXT GENERATION OF SEALS?

Please contact our Head Coach
Ian Grunewald by phone at (204)221-2015
or by Email at stjamesseals@shaw.ca.



WWW.SAINTJAMESSEALS.COM

WANNA SWIM FAST?



WE EAT FISH FOR BREAKFAST!

"SWIMMING KEEPS KIDS CLEAN"

SEALS SWIM SCHEDULE *DRYLAND INCLUDED

Mini Pups: (1 PER WEEK)
Wednesday - 5:45-6:30 pm (CIVIC CENTRE)

Pups 1: (2 PER WEEK)
Thursday - 5:00-5:45 pm (CIVIC CENTRE)
Friday - 5:00-5:45 pm (CIVIC CENTRE)

Pups 2: (2 PER WEEK, SELECT TWO OF THE THREE)
Wednesday - 5:00-5:45 pm (CIVIC CENTRE)
Thursday - 5:45-6:30 pm (CIVIC CENTRE)
Friday - 5:45-6:30 pm (CIVIC CENTRE)

Pups 3: (3 PER WEEK)
Monday - 4:30-5:15 pm (CENTENNIAL)
Wednesday - 4:30-5:15 pm (CENTENNIAL)
Thursday - 6:30-7:15 pm (CIVIC CENTRE)

Junior 1: (FOUR PER WEEK)
Tuesday - 6:00-7:30 am (CIVIC CENTRE)
Thursday - 6:00-7:30 pm* (CIVIC CENTRE)
Friday - 6:00-7:30 pm* (CIVIC CENTRE)
Saturday - 7:00-9:00 am (CENTENNIAL)

Junior 2: (FIVE PER WEEK)
Tuesday - 6:00-7:30 am (CIVIC CENTRE)
Wednesday - 5:15-6:30 pm (CENTENNIAL)
Thursday - 6:00-7:30 am (PAN AM)
Friday - 6:00-7:30 pm* (CIVIC CENTRE)
Saturday - 7:00-9:00 am (CENTENNIAL)

Senior Bronze: (FIVE PER WEEK)
Tuesday - 6:00-7:30 am (PAN AM)
Wednesday - 4:30-7:30 pm* (CIVIC CENTRE)
Thursday - 6:00-7:30 am (CIVIC CENTRE)
Friday - 4:30-7:30 pm* (CIVIC CENTRE)
Saturday - 7:00-9:00 am (CENTENNIAL)

Senior Silver: (SIX PER WEEK)
Tuesday - 6:00-7:30 am (PAN AM)
Wednesday - 4:30-7:30 pm* (CIVIC CENTRE)
Thursday - 6:00-7:30 am (CIVIC CENTRE)
Thursday - 4:30-6:30 pm (CIVIC CENTRE)
Friday - 4:30-7:30 pm* (CIVIC CENTRE)
Saturday - 7:00-9:00 am (CENTENNIAL)

Senior Gold: (SEVEN PER WEEK)
Tuesday - 6:00-7:30 am (PAN AM)
Wednesday - 6:00-7:30 am (TBD)
Wednesday - 4:30-7:30 pm* (CIVIC CENTRE)
Thursday - 6:00-7:30 am & 4:30-6:30 pm* (CIVIC CENTRE)
Friday - 4:30-7:30 pm* (CIVIC CENTRE)
Saturday - 7:00-9:00 am (CENTENNIAL)

SCHEDULE SUBJECT TO CHANGE. PLEASE GO TO WEBSITE FOR UPDATED INFO



ST. JAMES SEALS STRENGTHS:

- One of the longest running swim clubs in Canada
- A vital part of the St. James community for over 40 years
- Over 35 years of combined coaching experience
- Head Coach a two-time Manitoba Grassroots Coach of the Year
- Assistant Head Coach a two-time Olympian
- Numerous provincial and national age group records
- An affordable Winnipeg swim club with a small coach to swimmer ratio
- Great way to build your child's fitness and confidence

GROUP SUMMARY

MINI PUPS (5-6)

- Teaches beginning swimmers the basics of swimming
- Practice once a week for 45 minutes
- A skills assessment is required before registering in this program

PUPS 1 (6-8) & PUPS 2 (7-9)

- Pre-competitive
- Practice twice a week for 45 minutes
- Swimmers learn aspects of technique in all strokes

PUPS 3 COMPETITIVE (8-10)

- Practice three times a week for 45 minutes
- Transition group into the competitive program
- Introduction to racing



JUNIOR 1 & 2 COMPETITIVE (9-12)

- Practice 4 to 5 times a week
- Daily Training: 75-120 minutes
- Improve stroke technique, fitness, overall body strength, coordination and racing skills

SENIOR GOLD SILVER AND BRONZE COMPETITIVE (13 AND OVER)

- Five to seven practices a week
- Daily Training: 90-120 minutes
- Fine-tune stroke technique, fitness, overall body strength, coordination and racing skills

* AGES ARE APPROXIMATE AND ARE GUIDELINES ONLY

PHILOSOPHY

The St. James Seals program is committed to guiding and directing young athletes to achieve his or her maximum potential by developing each swimmer's individual ability. The St. James Seals coaching staff endeavors to teach, train, and motivate young people to achieve their ultimate potential in swimming in the belief that this experience will prove valuable to them as they grow and develop.

The program strives to instill in young swimmers an understanding of, and an appreciation for, high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement as these ideas relate to their success in training and in competition. It is our belief that the process of achieving a goal is as significant as the realization of the goal itself.

At each level of the St. James Seals program, swimmers are instructed to strive for excellence. Excellence in this sense refers to the individual achievement of knowing that you have done your best. This philosophy is consistent throughout the program, and every Seal swimmer, from Mini Pups to Senior, is encouraged to "Be the Best That You Can Be".

ST. JAMES SEALS MISSION STATEMENT

Our mission is to prepare motivated young athletes to maximize their potential as competitive swimmers, as part of a team supported by outstanding coaches & involved parents.