



ETOBICOKE SWIM CLUB

Academy Information Guide

2025-2026

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ETOBICOKE SWIM CLUB

Our Vision

To be the best swim club in Canada

Our Mission

To set new standards for excellence and achievement through strategic innovation and a relentless focus on developing talent, fostering a culture of dedication and respect, and cultivating good citizens.

Our Values

Teamwork: Competition. Determination. Passion. Unity.

Respect: Inclusion. Fairness. Sportsmanship. Humility.

Community: Fun & Enjoyment. Safety. Health & Fitness. Friendship

Excellence: Leadership. Scholarship/Academic Achievement. Kaizen. Integrity. Commitment.

ASSESSMENTS for Entry

Every new swimmer must go through an assessment prior to being accepted into the ESWIM Academy Pre-Competitive Program. The assessment is used to determine if the swimmer is ready for the program and which level the swimmer is best suited to. Swimmers must be between 5 and 9 years of age.

Coaches are looking for swimmers that are able to achieve the following:

- For swimmers who can swim one pool length (25 metres) of freestyle, backstroke and swim breaststroke or butterfly with some proficiency.
- Streamlining off the walls
- Make changes to technique upon instruction
- Willingness to work outside of their comfort zone

To register for an assessment visit eswim.ca and select 'Join Us!' in the top right corner.

REGISTRATION

ESWIM Registration

Upon completion of an assessment you will receive an email from ESWIM coaching staff confirming your swimmer's placement in the program. Upon your confirmation of acceptance, the club administration will email you instructions for registration and create a profile on our team platform (TeamUnify).

Swim Ontario/Swimming Canada Registration

New members will receive an email from Sportlomo within the first week of registration (please check your junk box). This email will contain a link to confirm personal information and complete consent forms.

When navigating this site, please login and select '**UPDATE**' under your swimmer's name. By clicking 'Register/Renew' or 'Upgrade' you will be creating a new profile.

ESWIM has already covered the cost of this registration. If you are being prompted for payment, you are in the wrong section of the site.

CLUB STRUCTURE

Academy (Pre-Competitive Program)

The Academy is geared towards the teaching of fundamental stroke techniques, developing basic motor skills, balance and coordination in the water. The program consists of six levels, each focusing on the four Olympic strokes, as well as, racing skills such as starts and turns. With each level, new drills are introduced and expectations increase in both skill and difficulty.

Structure:

80% Instruction, 10% Training, 10% Relays and Games

Training and Objectives

- FUN and Participation
- Start Together / Learn Together
- ABCs of Movement - Agility, Balance, Coordination & Speed.
- KICKING - all four strokes.
- Introduction to basic swimming skills - streamlines, drills, starts and turns.
- Build fitness through skill rehearsal and FUN
- 25s - straight line swimming, up one side down the other
- Reading the pace clock

Competitive Program

Swimmers must demonstrate the following criteria, with coach approval, in order to transition from the pre-competitive program into Top A, Junior B, or Top B in the competitive program.

- Streamline off every wall with a stack and lock. Be able to push off, back, side, stomach.
- Has knowledge and can execute at least three core drills pertaining to each stroke.
- Is comfortable doing short and long axis turns.
- Has four legal strokes maintaining proper body position
- Has a legal 100 IM
- Has a basic practice habit (per practice document)
- Legal starts and finishes
- Understands and can display good sportsmanship
- Understands changing pace / speed adjustment
- Age Recommendation: at least 5 years of age to 9 years of age

SESSION SCHEDULE

ESWIM Academy runs three sessions per year:

Fall Session - September 15, 2025 to December 17, 2025

Winter Session - January 3, 2026 - March 30, 2026

Spring Session - April 1, 2026 - June 24, 2026

Rising Stars Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1A	6:45-8:00PM					7:45-9:00AM	
1B			6:45-8:00PM				6:45-8:00AM
2A	6:45-8:00PM					7:45-9:00AM	
2B			6:45-8:00PM				6:45-8:00AM
3A	6:45-8:00PM					7:45-9:00AM	
3B			6:45-8:00PM				6:45-8:00AM
4A	6:45-8:00PM					7:45-9:00AM	6:45-8:00AM
4B			6:45-8:00PM			7:45-9:00AM	6:45-8:00AM
5A	6:45-8:00PM			5:15-7:00PM 7:00-7:30 DRY		6:45-8:00AM	6:45-8:00AM
5B			6:45-8:00PM	5:15-7:00PM 7:00-7:30 DRY		6:45-8:00AM	6:45-8:00AM
6A	6:45-8:00PM			5:15-7:00PM 7:00-7:30 DRY		6:45-8:00AM	6:45-8:00AM
6B			6:45-8:00PM	5:15-7:00PM 7:00-7:30 DRY		6:45-8:00AM	6:45-8:00AM

*Training does not take place on statutory holidays

Monday, October 13, 2025 - Thanksgiving

Monday, February 16, 2026 - Family Day

Friday, April 3, 2026 - Good Friday

Monday, April 6, 2026 - Easter Monday

Monday, May 18, 2026 - Victoria Day

FEES

	Levels 1+2	Levels 3+4	Levels 5+6
Registration Fee (once per year)	\$61.00	\$61.00	\$172.00
Training Fees (per session)	\$604.98	\$637.88	\$802.91

Registration Fees: A one time fee per season (September-August)

- Membership with Etobicoke Swim Club
- Membership with Swim Ontario/Swimming Canada
- Insurance coverage through Swim Ontario/Swimming Canada

Note: if your swimmer moves from a lower level into Level 5 or 6, there will be a charge for the difference in registration fee (\$111.00) added to your account.

Training Fees:

- Covers pool permits
- Coaches salaries

Discount Policy

Families with multiple swimmers are eligible for a 33% discount towards the second or subsequent swimmers fees. The discount will be applied to the swimmer with the lower group fee. Discounts can be applied to families with swimmers in both the competitive and pre-competitive streams.

****All fees are non refundable***

Etobicoke Swim Club does not issue make-up lessons, credits, or refunds for training sessions missed as a result of personal absences (including, but not limited to, illness, injury, or scheduling conflicts) or due to unforeseen pool closures.

ACADEMY TEAM EQUIPMENT EXPECTATIONS

Pre-Pool Activation

- **Navy ESWIM Cotton Shirt ONLY**
- Appropriate Deck Footwear (no boots)
- Shorts / Leggings / Sweatpants of any colour but no patterns, no scripts.
- **Black Speedo 'Teamster' ESWIM Backpack** (Strongly recommended for Levels 5+6, optional for Levels 1 to 4)

Water Training

- Bathing Suit - **ESWIM Speedo swimsuit** (recommended if purchasing new)
- Properly fitted goggles
- **White Silicone ESWIM Cap**
- **ESWIM Mesh Bag** for swim equipment (strongly recommended to house/transport all equipment)
- **Fins** (Speedo if purchasing new)
- **Kickboard** (Speedo Junior size if purchasing new)
- **Pull Buoy** (Speedo Junior size if purchasing new)
- Waterbottle

Swimmers are expected to have all required team wear by the second week of training. Items listed above are mandatory at every practice unless otherwise stated.

Any questions related to team wear please contact our office@eswim.ca.

The Etobicoke Swim Club is proud to partner with Splashables as our designated Teamwear dealer. Don't forget to mention ESWIM for a discount on equipment!

Online portal: <https://eswim.splashables.com/>

Store location: 50 Paxman Rd. Unit #4, Etobicoke

Phone: 416-620-4954

Email: sales@splashables.com

Splashables retains a stock of team T-shirts and silicone caps.

All other teamwear items (jackets, shorts, parkas, bags, etc.) are available to purchase in store or through the Splashables online portal.

SWIM MEETS

ESWIM Academy Racing Leagues

Our in-house Academy Racing League introduces athletes and parents to competitive meets in a positive, family-friendly atmosphere. Emphasizing the development of meet skills and techniques in a fun and supportive environment, it also gives swimmers the chance to showcase their newly refined strokes. The ESWIM Academy Racing League is designed to inspire a lifelong love of the sport.

The purpose of the ESWIM Academy Racing Leagues is the following:

- To increase the racing opportunities for young swimmers.
- To provide IM based focus for swimmer development both in training and in racing.
- To emphasize all four strokes technical development and kicking development.
- To emphasize speed through teaching basic technical and racing skills.
- Race preparation (starts, turns, streamlining & underwater kicking).
- To have a long term approach to racing development.

There are no fees to participate in an Academy Racing Leagues event.

Heat sheets will be provided prior to each event.

All events are held at the Etobicoke Olympium.

Sanctioned Swim Ontario Meets

In addition, all Academy level 5 and 6 swimmers will be given the opportunity to attend one or more sanctioned swim meet(s), depending on sanction schedules. Results from these meets will be posted in your swimmers Swimming Canada profile for future meet entries.

Participation in a sanctioned Swim Ontario meet requires additional fees. Fees are per event the swimmer participates in; these fees are set by the host club and are charged to ESWIM even in the event of a swimmer's absence. If your swimmer is not able to attend a meet, Academy Coordinators must receive a written notice of absence prior to the meet deadline listed on TeamUnify. Families will be responsible for meet fees if their absence is not communicated prior to the deadline or if a swimmer is no longer able to attend day-of.

Entries for our Academy Racing League and Swim Ontario meets will be selected by the coach.

All swimmers are automatically registered for swim meets. If your child is not able to attend, please email academy@eswim.ca.

MEET THE COACHES NIGHT

At the beginning of each session, a Meet the Coaches night will be held to introduce parents to your swimmer's coach. Expectations and equipment requirements will be discussed, and there will be an open floor for any questions.

These will be communicated in advance and held directly after weekday practice.

REPORT CARDS

Academy swimmers are evaluated based on a variety of factors and developmental milestones, level dependent. Coaches are tracking all of the swimmers progress to ensure they are at the appropriate level based on each child's individual developmental stage.

Final report cards, outlining swimmer progress and next steps, are issued at the end of each session through the online platform, SwimGen. These reports will indicate the level your swimmer should be registered in for the upcoming session.

Login link and your swimmer's ID will be communicated to you when report cards are available.

RESIGNATION

In the event that you choose to take a break and/or resign from the Academy program for one or more sessions, your swimmer will need to be reassessed and complete another try out session.

ROWAN'S LAW

Concussion Management Protocol

The Rowan's Law requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

Concussion management protocol will take effect for all participants at a Swim Ontario approved activity.

Participants that are *involved in an incident resulting in a significant impact to the head, face, neck or body* will be removed from the activity until assessed for possible concussion symptoms by a host facility certified first aid provider (i.e. lifeguard, pool supervisor).

If symptoms are NOT present the participant may return to the activity.

If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until a clearance note written by a medical professional with experience in concussion treatment/protocols is submitted and approved by Swim Ontario.

If symptoms develop after return to the activity, the participant shall be removed from any further Swim Ontario sanctioned activity for the remainder of the day and only return to play once they receive Swim Ontario approval.

All concussion assessments must immediately be reported to the Coordinator who shall submit a report of the incident/injury to Swim Ontario within 24 hours of the incident/injury.

******A clearance document submitted to Swim Ontario, in writing, by a medical professional with experience in concussion treatment/protocols is necessary to receive Swim Ontario approval. An acceptable clearance document for return to Swim Ontario sanctioned activity would be legibly written on appropriate signed letterhead or a similar signed prescription notepad. Swim Ontario approval will only be given by the Swim Ontario C.O.O. or designate once all of the appropriate documentation is received and subsequently satisfactorily reviewed. As per the Swimming Canada Concussion Management resource, participants with concussion symptoms shall not be cleared for return to participation on the same day.