



OSC Summer Camps 2025

Olympian Swim Club

Welcome to the Olympian Swim Club's 2025 Summer Camps!

Our goal for the Olympian Swim Club (OSC) Summer Camps is to provide an opportunity for new and current swimmers to get back in the water, improve their swimming skills, and either continue or begin to develop a love of sport.

Our coaches will create a safe and welcoming atmosphere filled with positivity and foster a love for swimming and exercise. Time spent in the water will be centered around technique, skill development, and in-water games. Time spent out of the pool will include games and activities that strengthen balance and coordination.

In this document, you will find general information and frequently asked questions. Please direct any questions to our Program Coordinator, Megan Johnston, at megan@olympianswimclub.com.

We look forward to seeing your swimmer this Summer!

– OSC Staff





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OSC Summer Camp Times, Locations and Structure

We will be offering four week-long camps at the Kinsmen Sports Centre this coming August. All camps will run Monday to Friday, following the same daily schedule. Participants will enjoy a balanced mix of in-water and dryland sessions, focusing on strength, balance, and skill development both in and out of the water. Most importantly, the emphasis will be on FUN. Our goal is to help your swimmer not only learn new skills but also develop a lasting love for being active.

Kinsmen Sports Centre:

- ❖ Camps will all be 1pm-6pm
 - Week 1: August 4th-8th
 - Week 2: August 11th-15th
 - Week 3: August 18th-22nd
 - Week 4: August 25th-29th

Eligibility

Children aged 5-10, who are comfortable in the water without floaties and are able to take direction from coaches, will be eligible for the Mini O's groups, while children 11-13 will be eligible for the competitive group.



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Assessments

As stated on our website, an assessment is required for all new swimmers that join the club. New swimmers aged 5-10 will be assessed on the first day by a coach, and will be placed in the group best suited to their skill level. New swimmers aged 11-13 will join the competitive groups, and will be assessed throughout the camp.

Returning swimmers will be placed in the group they've been most recently assessed for.

Camp Fees

Camps will cost \$285.00 per week. Those who have not swum with us in the 2024-25 swim season will be charged an additional one-time fee of \$35.91 for their Swim Alberta registration and insurance.

The cost of each camp covers the rented pool space, technical and fitness coaching, and dryland athletic development. Each child will also receive a summer camp t-shirt and OSC swim cap!

Registration Dates

Pre-registration will be available for existing OSC members starting on Saturday February 22nd at 8:00pm. For new families looking to join the Summer Camps, registration will open on Monday February 24th at 8:00am.

Pick up & Drop off - Time and Location

Kinsmen Sports Centre:

- Drop-Off: 1:00 - 1:15 pm at the OSC Office
- Pick-Up: 6:00 - 6:15 pm at the OSC Office

The OSC Office is located next to door 3 at the front of the Kinsmen (if you're looking at the stairs to the main entrance, it's on your left.)

Parents will be required to sign their children in and out each day. Please let our Program Coordinator know if you are unable to attend one day or need to drop off late.



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Coach Qualifications

All of our OSC coaches are certified with their NCCP Level 1, Community Coach certificate or I Can Swim certificate.

Equipment

Here is a list of items your child should come with each day:

- Swimsuit(s)
- Towel(s)
- Goggles
- Hat
- Sunscreen
- Water bottle (can be refilled at the pool)
- Additional snacks (enough to last them the afternoon, snacks specific for any dietary concerns)
- Anything else your child may require for their individual needs

Parents are strongly encouraged to send their children with snacks to enjoy throughout the day and a refillable water bottle.

Safety

As with any camp, you are leaving your child in our care and can trust that they will be safe with us. Here are the safety precautions we will be taking to put your mind at ease and ensure your child stays safe:

- Head counts (not letting children out of our sight, but still allowing the kids to have fun).
 - To ensure all children are safe and accounted for, the coaches will record a head count every 15 minutes. This will not interfere with any swimming, exercise, or play.
- Coaches will have parent info and emergency contact info on hand.
 - Megan and our coaches will have all emergency contact information should a parent need to be contacted.
- Coaches will be equipped with a first aid kits.



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- When on the pool deck, there will always be lifeguards who are trained in CPR and First Aid.
- Coaches will not be allowed to administer any medication your child may require.
- The camps will not be leaving the respective facility grounds (Kinsmen Sports Centre).
- The coaches will have their cell phones on them at all times to communicate with each other, if needed, and for emergency purposes only.

Facility Information

Kinsmen Sports Centre:

Address: 9100 Walterdale Hill, Edmonton, AB T6E 2V3

For parents/guardians wanting to stay at the facility, there is a large viewing area upstairs, and also a cafeteria lounging area.

Perks about the Kinsmen Sport Centre:

- Free parking.
- Close to downtown, central location for all families.
- Lots of walking trails and outdoor activities (playground, spray park, outdoor pool).
- Various fitness facility options for parents to enjoy



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FAQs

Q: Do I (Parent/Guardian) have to stay at the facility while my child is at the camp?

A: No. When your child is at the camp, you can choose to stay and watch or leave. During camp time, they will be in the care of the OSC staff.

Q: Can I register my child for more than one camp?

A: Yes. Camp spots are on a first come first serve basis. Please reach out to Megan Johnston at megan@olympianswimclub.com or the OSC office at office@olympianswimclub.com if you would like to register your swimmer in multiple weeks.

Q: How many spots are available each week?

A: We offer 50 spots for each week.

Q: What if my child completes the camp and passes all the skills for the next level? Can they move up to the next level for the next session or season?

A: Yes! At the end of the week, coaches will be assessing swimmers to submit a recommendation for the next session/season. If they have successfully performed all of the skills on the respective checklist, their coaches will recommend that they move on to the next level.

Please note this may only happen for Mini O's level swimmers (not current JOW, JD, OW, or JAG). Additionally, depending on group availability, Gold swimmers re-assessed as JOW or JD may need to check in with the OSC office regarding group availability.

Q: Do I need to pay facility admission for the camps?

A: No. Admission is not required, as the cost of bookings is covered by the registration fee.

Please contact our Program Coordinator, Megan Johnston, at megan@olympianswimclub.com or the OSC Office at office@olympianswimclub.com